Dr. *Sydenham's* Compleat Method OF CURING Almoſt all DISEASES, AND Deſcription of their Symptoms.

To which are now added,

Five Diſcourſes of the ſame Author concerning the *Pleuriſy*, *Gout*, *Hyſterical Paſſion*, *Dropſy* and *Rheumatiſm*.

Abridg'd, and faithfully Tranſlated out of the Original *Latin*.

With Short and Uſeful Notes on the former part, written by a late learned Phyſician, and never before Printed.

LONDON, Printed for *H. Newman*, at the *Graſhopper* in the *Poultry*; and *Rich. Parker* at the *Unicorn*, under the Piazza of the *Royal Exchange*, 1695.

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MVSEVM
BRITAN
NICVM

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THE PREFACE

THE quick Sale of the former Edition of this Book, is a convincing Argument of the favourable Treatment that it met with at its first public Appearance in an English Dress: 'Twould be a needless and impertinent piece of Formality to recommend it a second time to honest and ingenious Readers, among whom its own Merit, and the Fame of its Author, has already acquir'd so many Friends. But now that both its Worth and Price are encreas'd, tho

the former *far more than the* latter; *it will not be improper to acquaint the* Reader, *that the* Additions *consist of* six entire Pieces. *The* First, *which was* never printed before, *contains* short and useful Notes *on our Author's Method of Practice, written by one who was intimately acquainted with it, and was himself a Learned Physician. It appears not obscurely from some passages in them, that they were written before* Dr. Sydenham's *Death, and that they give an Account of some Alterations which a longer Experience had taught that wise and sagacious Person to make in his Method of Curing Diseases.*

The other Five are the Abridgments of so many Discourses, extracted with great care and fidelity out of Dr. Sydenham's *Works: And tho this Part of the Book is not an exact, and verbal Translation, as the former Part is; yet I have taken care not to*

omit

omit any thing material either in the Hiſtorical or Practical Part of theſe Treatiſes; neither have I inſerted one Sentence in them; which is not to be found, either in the ſame, or equivalent Words, in the Original. *The* First *and* Laſt *of theſe Diſcourſes are the ſhorteſt. Yet I am confident they will not be unacceptable to any, that ſhall conſider the dangerouſneſs of the firſt and Commonneſs of both the Diſtempers that are treated of in them; eſpecially ſince the Method of Cure is more fully and clearly deliver'd in them, than in the Chapters of the* Pleuriſy *and* Rhnumatiſm *in the former part of the Book. The* Fourth *Diſcourſe is larger, and treats of a Diſeaſe that has been look'd upon as incurable even by the moſt skilful Phyſicians, after it is confirm'd. The* Third *is yet more full, and gives an excellent and clear Account of that prodigious Multitude of intricate and*

irregular Symptoms, which are commonly known by the Names of the Hysterical *and* Hypochondriacal *Passions. As for the* Second, *I shall only say, that its Subject is one of the most cruel and obstinate Distempers that wretched Mortals are obnoxious to; and that* Dr. Sydenham's *Treatise of the* Gout *may be propos'd as a perfect and exact Model for all Discourses of this Nature.*

I have met with some very sharp or rather spiteful Reflections on some Passages of the Third in order of these Additional Tracts in a late Book of a famous Writer. But I am perswaded that if he had expected a serious Answer, he would have Chosen better Arguments than a Heap of musty Authorities. *And tho he treats our Deceased Author very unhandsomely, and in a manner that is very unsutable to the Character of a* Philosopher *or* Christian; *yet I have*

have so great a Regard for his Reputation, that I shall forbear publishing some Remarks that one of my Friends made on this occasion; and the Reader may judge by this one, whether I had not reason to conceal the rest, that the Public is more oblig'd to Dr. Sydenham's poor old Hydropical Woman *than (by a modest computation) to half a Score of the best* Female Ægrotus's *in his Adversaries Book.*

I know not whether I ought to take notice of a Brace *of* New-fashion'd Critics, *whose Indignation I have Incurr'd, for a Reason that is too obvious to be mention'd. For besides, that I never expected Honor from a Work of this Nature, I look upon such Censures as these to be beneath the Regard even of a* Translator. *As for the* Falseness *of my Translation, since the Accusation is grounded on their bare Authority, I shall content my self with returning the Change upon themselves. And as*

for

for its being unintelligible, *since they can ſpeak only for themſelves, I ſhall make bold to ſay, that 'tis no Argument of the Badneſs, or even Obſcurity of a Tranſlation, that it cannot be underſtood by* S. S. *and* B. W.

Advertiſement.

THere is now in the Preſs, and will be very ſpeedily publiſhed a Book, entituled *Advice to a Phyſician:* containing particular Directions relating to the Cure of moſt Diſeaſes; with Reflexions on the Natures and Uſes of the moſt celebrated Remedies; by way of *Aphoriſms.* Done from the Latin, Printed for *Hugh Newman* at the *Graſhopper* in the *Poultry.* Price 1*s.*

THE

Concerning the Compoſition of Remedies.

The Common-Purging Potion.

TAke half an ounce of Tamarinds, two drams of *Sena* Leaves, one dram and a half of Rhubarb; boil them in a ſufficient quantity of Spring-water to three ounces: Then ſtrain them, and diſſolve in the Liquor, *Manna* and ſolutive Syrup of Roſes, of each one ounce. Mix them for a Potion.

The Common Vomit.

Take of *Carduus Benedictus* water two ounces, the Infuſion of *Crocus Metallorum* one ounce, Syrup of Clove-gilliflowers half an ounce; mix them for a Vomit, which is to be taken about four a Clock in the Afternoon, drinking a large Draught of Poſſet after every Vomiting.

The Pearl Julep.

Take Black-Cherry water, Milk water, of

each three ounces; Barley-Cinnamon water, one ounce, Prepar'd Pearl a dram and an half, Sugar-candy as much as is ſufficient; add Damask-roſe-water half a dram. Mix them for a Julep. Doſe four or five ſpoonfuls in Sickneſs, or fainting Fits.

The Cordial Julep.

Take Milk water, Black-cherry water, of each three ounces; Plague water, Syrup of Clove-Gilliflowers, Syrup of the Juice of Citrons, of each half an ounce. Mix them, and make a Julep, which is to be taken frequently.

The Decoction for a Diet Drink.

Take Roots of *Sarſaparilla*, ſix ounces; *Saſſafras* and *China*, of each two ounces; Liquoriſh, one ounce; boil them in two Gallons of Spring water for the ſpace of half an hour, after which let them ſtand in a cloſe Veſſel on hot aſhes twelve hours; then boil them again to the conſumption of a third part of the Water; and aſſoon as you take the Liquor from the fire, infuſe into it half an ounce of Aniſe-ſeeds: after it hath ſtood two hours more, ſtrain it, and let it ſtand till it grow clear, then pour off the Liquor into Glaſs-bottles well ſtopp'd, and reſerve it for uſe. This is to be us'd for ordinary Drink, and continu'd Thirty Days.

The

The Opening and Antiſcorbutic Apozem.

Take the Roots of Graſs, Cichory, Fennel and Aſparagus, of each one ounce; Currans and Raiſins ſton'd, of each two ounces; Leaves of Liverwort, Harts tongue and Maiden-hair, of each one handful; Leaves of Brook-lime (added towards the end) two handfuls; boil them in a ſufficient quantity of Spring-water to a quart, to which toward the end add half a pint of *Rheniſh* Wine. Then ſtrain them, and while the Liquor is yet hot, infuſe in it for two hours in a cloſe Veſſel one handful of the Leaves of Garden-Scurvygraſs. After which ſtrain again, and add Syrup of the five Roots, Syrup of Orenge juice, of each two ounces; Barley-Cinnamon water, one ounce. Mix them, and make an *Apozem*, the Doſe of which is half a pint every morning, and at five in the afternoon, for Fourteen days together.

The thickening Eclegma (*or licking Medicine*) *for a Cough.*

Take Oil of Sweet Almonds, one ounce; Syrups of Red Poppy, of Purſlain and of Jujubes, and (the licking Medicine call'd) *Lohoc Sanum*, of each half an ounce; Sugar-candy a ſufficient quantity. Mix them in a Marble Mortar for the ſpace of an hour, and make a perfectly mix'd Licking Medicine, which is to be kept in a Galley-pot for uſe. It is to be taken frequently, licking it off of a Liquoriſh ſtick.

An Eclegma *that thickens more powerfully.*

Take Conſerve of Red Roſes, Syrup of Violets and of *Meconium*, of each one ounce; White Poppy Seeds, three Drams. Beat them together, and ſtrain them through a Hair Sieve, then add expreſs'd Oyl of Nutmeg, ſix grains. Make an *Eclegma*.

In a thin Defluxion.

Take conſerve of Red Roſes, two ounces; Syrup of *Meconium* and of Jujubes, of each one ounce; *Olibanum*, Maſtic and Amber, of each one dram,; expreſs'd Oil of Nutmegs, ſix grains Mix them and make a *Lohoch*, which is to be lick'd often. You may take twice every day a ſpoonful of this *Eclegma*, pouring in to it Balſam of *Sulphur* aniſated from eight to twelve drops.

Purging Ale.

Take Polypody of the Oak, one pound; Roots of Monks Rhubarb, *Sena* Leaves, and ſton'd Raiſins, of each half a pound, Rhubarb ſlic'd and Horſe-Radiſh Roots, of each three ounces; Leaves of Garden-Scurvy graſs and Sage, of each four handfuls; four Orenges ſlic'd. Infuſe them in five or ſix Gallons of Ale while it is fermenting, and when it is ripen'd, uſe it inſtead of your ordinary Drink for fourteen or one and twenty days, eſpecially drink a draught of it every morning.

The

The Hiſterical Plaiſter

Take *Galbanum* diſſolv'd in Tincture of *Caſtoreum* and ſtrain'd, three drams; *Tachamahac*, two drams. Make a Plaiſter for the Navel.

A Purging Medicine for young Infants.

Take one ſmall ſpooniful of Syrup of Cichory with Rhubarb.

The Bitter Purging Decoction.

Take of the Bitter Decoction prepar'd with a double quantity of *Sena* four ounces; Syrup of Buckthorn, one ounce; Electuary of the juice of Roſes, two drams. Mix them for a Potion.

Of the Diſeaſe called in Women the Hyſterical, in Men the Hypochondriacal Paſſion.

WHen the Mind is diſturb'd by ſome grevious Accident, the animal Spirits run into diſorderly motions; the Urine appears ſometimes limpid, and in great quantity; the ſick perſons caſt off all hope of recovery; and portend the moſt diſmal Events to themſelves. Whatſoever part of the body the Diſeaſe doth affect (and it affecteth many) immediately the Symptoms that are proper to that Part appear; in the Head, the Apoplexy, which ends in a Palſy of one half of the Body, comes preſently after Child-bearing; ſometimes they are ſeiz'd with Convulſions, that very much reſemble the Epilepſy, and are commonly called the Suffocation of the Womb, in which the Belly and Entrails riſe upwards towards the Throat: At other times they are miſerably tormented with the Hyſterical *Clavus*, in which there is a moſt vehement pain in the Head, which you may cover with your Thumb, the ſick perſon in the mean time vomiting up green Matter like to that ſort of Choler that has its name from Leeks. The Paroxyſm doth alſo counterfeit the Palpitation of the Heart, the Cough, the Colic and Iliac Paſſions, the Stone and Suppreſſion.

Suppreſſion of Urine: it is attended with prodigious Vomitings, and ſometimes with a *Diarrhœa*; outwardly in the muſculous Fleſh it cauſes ſometimes Pains, and ſometimes Swellings. In the Legs it is like a Dropſie, nor (which is wonderful) doth it leave the Teeth untouch'd. The Back is often cruelly pain'd; and almoſt always the external parts are ſo cold, that a dead Body is not more. The ſick perſons break out ridiculouſly into exceſſive Laughter and Tears without any cauſe; and are ſometimes troubled with Spitting to ſuch a degree, as were enough to make one believe, that they had been anointed with Mercury. Hyſterical Pains whatſoever part they affect, leave a Tenderneſs behind them that cannot endure to be touch'd, as if the Fleſh had been beaten.

Let eight ounces of Blood be taken away.

Apply the Plaiſter of *Galbanum* to the Navel: And next morning let the ſick perſon begin to uſe the following Pills.

Take of the Pills call'd *Cochiæ* the greater two drams; *Caſtoreum* powder'd two grains; Balſam of *Peru*, three drops: Make twelve Pills; of which take four every morning, or every ſecond day, according to your ſtrength, about four or five of the clock in the morning, ſleeping after them.

Take Rue water four ounces, compound Briony water two ounces, *Caſtoreum* tied in a knot, and hung in the Glaſs, half a dram; Sugar-candy a ſufficient quantity. Of this take four or five ſpoonfuls in every Fit. After the Pills take what follows.

Take Filings of Steel eight grains, and with a ſufficient quantity of Extract of Wormwood, make three pills; which muſt be taken early in the Morning, and repeated at Five in the Afternoon, for thirty days, drinking after them a Draught of Wormwood Wine.

If a Bolus be more acceptable.

Take Conſerve of *Roman* Wormwood, and Conſerve of the yellow part of Orenges of each one ounce; candy'd *Angelica*, candy'd Nutmeg, Treacle of *Andromachus*, of each half an ounce; Compound powder of *Aron* three drams, candy'd Ginger two drams, with a ſufficient quantity of the Syrup of the juice of Citrons, or (in want of that) Syrup of Orenges, make an Electuary.

Take of this Electuary two drams, Filings of Steel eight grains, and with a ſufficient quantity of Syrup of Orenges make a Bolus, which is to be taken Morning and Evening, drinking after it a Draught of Wormwood-Wine, or ſix ſpoonfuls of the following Infuſion.

Take Roots of *Angelica*, Elicampane, and Maſterwort, of each one ounce; Leaves of common Wormwood, leſſer Centory, white Horehound and Germander, of each one handful: the Barks of two Orenges ſliced; pour upon them ſo much *Spaniſh* Wine as will riſe two Inches above them, and ſtrain it at the time of uſing it. Or,

To delicate Perſons the Steel may be given by way of Powder, as follows.

Take Filings of Steel finely powder'd one ounce, compound Powder of *Aron* ſix drams, Coriander-ſeed prepar'd, Seeds of Aniſe and

ſweet

ſweet Fennel, of each half an ounce; the beſt Cinnamon, red Coral prepar'd, of each three drams, Nutmeg two drams: Beat them all to a very fine Powder, to which add of the fineſt white Sugar to the weight of all the reſt. Take half a dram of this Powder in a Spoon, twice a day, four days together, and afterwards a whole dram twice every day for forty days, drinking after it ſix ſpoonfuls of the following Julep, or of Wormwood Wine.

Take Milk water twelve ounces, compound *Gentian* water four ounces, Wormwood water of the greater compoſition two ounces; White Sugar a ſufficient quantity: Make a Julep. Or,

Take half a Pint of *Rheniſh* Wine prepar'd with Wormwood, compound *Gentian* water two ounces, Syrup of Clove-Gilliflowers one ounce: Make a Julep.

Take choice Myrrh, *Galbanum*, and *Aſſa fœtida*, of each one dram; *Caſtoreum* half a dram, with a ſufficient quantity of the Balſam of *Peru*, make them up into Pills, twelve out of every dram; of which take three every night, drinking after them three or four ſpoonfuls of compound Bryony water, during the whole progreſs of the cure.

If theſe Pills move the Belly, uſe thoſe that follow.

Take *Caſtoreum*, one dram; Volatil Salt of Amber, half a dram; with a ſufficient quantity of Extract of Rue, make four and twenty Pills; of which take three every night, drinking after them three or four ſpoonfuls of the Hyſterical Julep.

Spirit of Harts-horn exhibited frequently to ſixteen or eighteen drops, is of excellent uſe.

But if the Diſeaſe doth not yield to theſe remedies, then take the following Pills.

Take Troches of Myrrh powder'd, one ſcruple, Balſam of *Sulphur* terebinthinated four drops; with a ſufficient quantity of Gum Ammoniac diſſolv'd make four Pills; which muſt be taken morning and evening, drinking after them four or five ſpoonfuls of the Hyſterical Julep, with twelve drops of Spirit of Harts-horn.

The Antiſcorbutic Electuary, with the Water there deſcribed, is good alſo in this Diſeaſe, and likewiſe the corroborating Electuary, with the addition of Conſerve of Garden Scurvygraſs, one ounce? compound powder of *Aron*, ſix drams, drinking after it the fore-mentioned Water.

But if all theſe Remedies prove ineffectual, you muſt have recourſe to the Waters that partake of Iron; and if theſe alſo do no good, to thoſe that are ſulphureous, ſuch as are the *Bath* Waters.

Concerning the uſe of the Mineral Waters theſe things are to be obſerved. If any bad Symptom appear, which may be aſcribed to the drinking of the Waters, in ſuch a caſe you muſt abſtain from them, till the Symptom diſappear. Continue the uſe of them for ſix weeks at leaſt, or rather two months. Eat now and then candied Ginger, or confected Caraway ſeeds to warm the ſtomach. You may alſo take three of the Hyſterical Pills the firſt ten nights, drinking after them four or five ſpoonfuls of the Hyſterical Julep.

As for the *Bath* Waters, you muſt drink them two days, and bath in them the third, proceeding

ing thus alternately six weeks or two months.

If the Steel heat the Body too much, then during the use of it drink every fourth morning four pints of Mineral purging waters: Which though they move the Belly, yet cause no agitation, as the purging Medicines of the Shops usually do.

Of the Depuratory, or cleansing Fever of the Years 1661, 62, 63, 64.

If the sick person be young, he must be let blood in the Arm, and the same day some hours after, or the next day, two hours after a light Dinner let him take a Vomit of the Infusion of *Crocus Metallorum*, and after that has done working, drink a Pacific Draught, such as that which follows.

Take Black-Cherry water one ounce and a half, Plague water half an ounce, liquid *Laudanum* sixteen drops: Mix them for a Draught.

From this to the eleventh or twelfth day, the following Clyster is to be injected every morning.

Take of the common Decoction for a Clyster one pint (or the like quantity of Cows Milk) Brown Sugar, and Syrup of Violets, of each two ounces. Make a Clyster.

After that day, suffer his Belly to be constipated, that so the Febril Matter may the sooner be concocted, to which purpose also moderate Cordials exhibited during these last days, are very useful; as.

Take Powder of Crabs claws compound fourteen grains, Electuary *de Ovo* half a scruple with a sufficient quantity of Syrup of Clove-gilliflowers:

ers make a *Bolus*, which may be taken every eight hours, drinking after it five or six ſpoonfuls of the following Julep.

Take Milk water, Black Cherry water, of each three ounces; Plague water and Syrup of Clove-gilliflowers, of each one ounce: mix them and make a Julep, or ſuch like.

If you diligently obſerve this method, you will uſually about the fifteenth day perceive (both by the laudable Breaking of the Urine, and the manifeſt Remiſſion of all the Symptoms) that it is time to exhibit the Common purging Portion.

Of the Peſtilential Fever of the Years, 1665, 66.

After the ſick perſon hath been let blood in his Bed, let him be cover'd all over with Cloths, and his Forehead bound about with a piece of Woollen Cloth: and then if he doth not vomit, let ſome Medicine to procure Sweat be exhibited to him; as

Take Treacle of *Andromicus* half a dram, Electuary *de Ovo* one ſcruple, Powder of Crabs-claws compound twelve grains, Cochinel eight grains, Saffron four grains, with a ſufficient quantity of the juice of *Kermes*, make a *Bolus*, which muſt be repeated every ſixth hour, drinking after it ſix ſpoonfuls of the following Julep.

Take *Carduus Benedictus* water, and compound *Scordium* water, of each four ounces; diſtill'd Treacle water, two ounces; Syrup of Clove-gilliflowers, one ounce: mix them for a Julep.

But if he be troubled with Vomiting, the Sudorific ought not to be given till the weight of the Cloths alone make the Sweat begin to appear, his Face being in the mean while cover'd with part of the Sheets.

The Sweat thus begun muſt be promoted with repeated Draughts of Sage-Poſſet, or Beer boil'd with a little Mace, and continued in this manner the ſpace of a natural day, or 24. hours; during which time he may be allow'd ſome comfortable Broths for his Refreſhment.

After the breaking forth of a Swelling, I durſt not open a Vein. Let the ſick Perſon keep his Bed four and twenty hours after the Sweating is over, and diligently avoid all manner of Cold, ſuffering his Shirt to dry of it ſelf upon his body. Let him drink nothing but what is Hot, and ſtill perſiſt in the uſe of Sage-Poſſet: Next morning let him take the common purging Potion.

The Years 1667, 1668. produc'd the Small-Pox. and a Fever partaking of their nature.

In the Years 1669, 70, 71, 72. A Dyſenterical Fever reign'd

And the Years 1673, 74, 75. were infeſted with a Comatous or Sleepy Fever.

I do not inſiſt upon the cure of theſe Fevers, becauſe I am of opinion that they might have been cur'd by the Method deſcrib'd in the account of the Fever of the Years 1685, *&c.*

Of the Intermitting Fevers.

They begin with Cold and Shivering, which is immediately followed by Heat, and that by

by Sweating, after which the Fever diſappears, though during the firſt days of the Diſeaſe, eſpecially in Autumn, there ſometimes happens a Remiſſion, rather than a proper Intermiſſion of the Fever. Both the cold and hot Fits are for the moſt part attended with an Inclination to vomit, vehement Sickneſs, Thirſt and Drineſs of the Tongue. The ſwelling of the *Abdomen* in Children, and of the Feet in Men, ſignify the ſolution of the Fever. A Pain in the Jaws, Hoarſeneſs, Hollow Eyes, and a ghaſtly Countenance portend Death.

Take of the *Peruvian* Bark in fine Powder, one ounce, and with a ſufficient quantity of Syrup of Clove-gilliflowers, or of dry'd Roſes, make an Electuary, to be divided into twelve Doſes, of which one is to be taken every four hours, drinking after it a draught of any ſort of Wine, beginning immediately after the Fit.

But if theſe *Bolus*'s move the Belly, pour ten drops of liquid *Laudanum* into the draught of Wine after every ſecond Doſe, as you ſee occaſion.

To prevent Relapſes (eſpecially of Quartans) the foregoing proceſs muſt be thrice repeated in the three following Weeks.

If the form of Pills be more grateful,

Take the *Peruvian* Bark in powder, one ounce; and with a ſufficient quantity of Syrup of Clove-gilliflowers make Pills of a moderate bigneſs; of which take ſix every four hours.

Take Powder of the *Peruvian* Bark, two ounces, *Rhenish* Wine a quart. Let them ſtand together in a cold Infuſion, and ſtrain them through a Woollen Cloth. Doſe three ounces every four hours.

Another

Another method of curing Tertians.

Take *Virginian* Snakeweed in fine powder, fifteen grains, White-wine three ounces: Give it to the ſick perſon two hours before the Fit, and covering him with cloaths let him ſweat three or four hours: Repeat the ſame Doſes the two following Fit-days in the ſame manner.

Of intermitting Fevers in Children:

Take Black-Cherry water, and *Rheniſh* Wine, of each two ounces; the *Peruvian* Bark in fine powder, three drams; Syrup of Clove-gilliflowers one ounce: Mix them, and make a Julep: Doſe, a ſpoonful or two, according to the Child's Age, every four hours, till the Fits return no more; pouring into every ſecond Doſe, if there be a *Diarrhœa*, one or two drops of liquid *Laudanum.*

Of the preſent Fever from the year 1685 to 90.

The ſigns are, Heat and Cold coming by turns, Pain in the Head and Limbs, the Pulſe in the mean time almoſt well, ſometimes a Cough, a Pain about the Neck and Jaws, the exacerbation of the Fever towards night, Unquietneſs, Thirſt, the Tongue either moiſt and cover'd all over with a white and rough Film, or dry and of a dark colour in the Middle, which is compaſt about with a whitiſh Border. They that conſtantly keep their Beds are thereby expos'd to *Coma's* and Phrenſies, and Spots, Purple Specks, Miliar Eruptions,

Eruptions (as they are call'd) which are redder than Measles, irregularity of the Pulse, starting of the Tendons, and at last Death are the effects of a hot *Regimen*. In the beginning Symptomatical Sweats appear, which if provok'd by Art, break forth clammy in the Head, and translate the Morbific matter to the Head or Limbs.

Let the sick Person be let blood in the Arm, and ten ounces of Blood taken from him; which must be repeated, if difficulty of Breathing, a rending Pain in the Head, with a Cough, and other signs of a bastard *Peripneumonia* appear. For in this case both the letting of Blood and Purging must be constantly repeated till the sick Person recover.

At night let a Blistering Plaister be apply'd, and the next morning a Lenitive Potion prescrib'd, which must be thrice repeated every second day; and always after Purging a composing Draught is to be taken at night.

Take Cowslip water three ounces, Syrup of *Meconium* one ounce, juice of Limons newly prest out, two spoonfuls: Mix them for a Draught.

Blisters in the Mouth and Throat, as also the Hicough do sometimes come of themselves after the Fever is cur'd, and usually go away of themselves quickly after. But if they stay long, they may be easily driven away by one ounce of the *Peruvian* Bark, reduc'd into an Electuary or Pills with the Syrup of Red Poppies, drinking after every Dose a draught of Whey. This Remedy will most certainly prove effectual, if its vertue be not eluded by constant lying in Bed.

In

In those days that are free from Purgation, the following things are to be prescrib'd.

Take Conserve of Wood-Sorrel, of Sweet-briar, of each one ounce; Conserve of Barberies half an ounce, Cream of Tartar one dram; with a sufficient quantity of Syrup of Limons make an Electuary; of which take about the Bigness of a Nutmeg thrice in the day, drinking after it six spoonfuls of the following Julep.

Take Water of Purslain, of Lettuce and of Cowslips, of each three ounces; Syrup of Limons one ounce and a half, Syrup of Violets one ounce: Mix them and make a julep.

If the Stomach be so disorder'd by the Fever, that it cannot retain a Potion, prescribe the Pills *Cochiæ* the greater, two scruples for a dose, and also a Medicine to procure Sleep; for example, one grain and a half of *London Laudanum*, with the like quantity of Mastic, or eighteen drops of liquid *Laudanum* in one ounce of Barley-Cinnamon water.

Let the sick person drink the white Decoction, and Small Beer also at pleasure.

Of the Fever of the present Constitution in Children.

Let two Leeches be applied, one behind each Ear, and a Blistering Plaister to the hinder part of the Neck.

Let them be purg'd with the Infusion of Rhubarb in Beer.

If after purgation the Fever seem to intermit, give them the julep with the *Peruvian* Bark, describ'd in the Chapter *Of Intermitting Fevers in Children.*

Of

Of the Scarlet Fever.

Children are chiefly infested with it about the latter end of Summer. At the first they are seiz'd with a Coldness and Shivering, yet they are not very sick. The whole Skin is spotted with little red Specks, that are thicker, broader, and of a redder colour than in the Measles. They continue two or three days, and then disappear, and the uppermost Skin falling off, that which is under it appears stain'd with Mealy Scales.

Take burnt Harts-horn and compound Powder of Crabs claws, of each half a dram; Cochinel two grains, Sugar-candy one dram; mix them, and beat them to a very fine Powder, to be divided into twelve Papers, of which one is to be taken every six hours, drinking after them two or three spoonfuls of the following Julep.

Take Black-Cherry water, Milk-water, of each three ounces; Syrup of the juice of Citrons one ounce: Mix them and make a Julep.

Also let a blistering Plaster be apply'd to the hinder part of the Neck; and every night exhibit a composing Draught of Syrup of *Meconium*; and, the Symptoms ceasing, prescribe a Purging Medicine.

Of the Pleurisie.

It reigns between the Spring and Summer. It begins with Coldness and Shivering, which are quickly accompanied with Heat, Thirst, Unquietness and the other Symptoms of a Fever

After

After a few hours a pricking Pain is felt in one of the Sides, about the Ribs, which ſometimes ſtretches it ſelf towards the Shoulder-blades, ſometimes to the Back, and ſometimes towards the Breaſt. The Matter that is caſt forth with the Spittle in the beginning of the Diſeaſe appears thin and in little quantity, and is often mixt with Particles of Blood; but afterwards it is rais'd more copiouſly, is better concocted, and ſtill appears mixt with Blood. The Fever holds pace with the Cough, Spitting of blood and Pain, and, according as the Expectoration is more or leſs free, abates by degrees. The Belly is ſometimes conſtipated, and ſometimes too looſe. The Blood of Pleuritic perſons reſembles melted Tallow, when it is cool'd.

Let a Vein be opened in the Arm on the affected Side, and ten ounces of Blood extracted.

Take Red Poppy water four ounces, *Sal Prunellæ* one dram, Syrup of Violets one ounce: Mix them for a Draught to be taken immediately after the firſt Blood-letting.

Take five Almonds peel'd, Seeds of Melons and Pompions, of each half an ounce; white Poppy Seeds three drams, Barly-water one pint and an half; Roſe water two drams, with a ſufficient quantity of Sugar-candy make an Emulſion according to art. Doſe four ounces every four hours.

Take of the Pectoral Decoction a quart, Syrup of Violets and of Maiden-hair, of each an ounce and a half; mix them and make an *Apozem.* Doſe half a pint thrice in the day.

Take Oil of Sweet Almonds two ounces, Syrup of Violets and of Maiden-hair, of each one ounce:

Sugar

Sugar-candy as much as is sufficient: Mix them and make an *Eclegma* or licking Medicine to be frequently used.

Oil of Sweet Almonds by it self, or Linseed Oil may also be exhibited.

Take Oil of Sweet Almonds, of Lillies, and the Ointment *Dialthææ*, of each one ounce; mix and make a Liniment, with which the affected Side may be anointed Morning and Evening, laying over it a Cabbage Leaf,

The letting of Blood must be repeated yet three times more, extracting still the same quantity of Blood for four days together; if the pain and Difficulty of Breathing seem to require it.

Of the Bastard Peripneumonia.

It begins to appear upon the approach of Winter, and oftentimes towards the end of it. At the first, the Sick person is hot and cold by turns, he cannot stir without being troubled with Dizziness or Swimming of the Head; his Cheeks or Eyes are red and inflam'd; he coughs, and in coughing is tormented with a rending pain in the Head; he Vomits up liquid things; his Urine is Thick, and very Red, his Blood resembles that of a Pleuritic Person; he breaths thick and short, with a Pain in his Breast. This Disease is plainly distinguished from a dry *Asthma* in which no signs of a Fever appear, but in this are manifestly discover'd, though they are much more obscure and less violent than in a true *Peripneumonia*.

Let the sick person be let blood in the right Arm, to the quantity of ten ounces, and the next day take this Potion.

Take

Take extracted *Caſſia* one ounce, Liquoriſh two drams, four fat Figs, Leaves of *Sena* two drams and a half, Troches of *Agaric* one dram: Boil them in a ſufficient quantity of Water to four ounces; then ſtrain, and diſolve in the Liquor *Manna* one ounce, Solutive Syrup of Roſes half an ounce.

But if he cannot take a Potion, let him take two ſcruples of the Pills *Cochiæ* the greater, at four in the morning.

The Day following let a Vein be open'd again, and the ſame quantity of Blood extracted as formerly, and the Day after let the purging Medicine be again exhibited, and afterwards repeated once in three days: If the conſideration of his ſtrength do not require longer Intervals to be allow'd him. Moreover, if the Symptoms ſtill continue, he muſt be again let blood once, twice or oftner, interpoſing always ſome days, as you ſee occaſion; but for the moſt part the ſecond Letting of Blood will be ſufficient. In the mean time, while this Method is perſu'd, let him uſe the Pectoral Decoction, *Eclegma* and Oil of Sweet Almonds, preſcrib'd in the foregoing Chapter, eſpecially in the days that are free from Purgation.

Of the Rheumatiſm

In this Diſeaſe they are firſt taken with Coldneſs and Shivering, and the other Symptoms of a Fever; and after a day or two (ſometimes ſooner) they are ſeiz'd with a moſt ſharp pain, ſometimes in one part and ſometimes in another, but eſpecially in the Wriſt, Shoulders and Knees,

Knees, which it leaves and assaults by turns, the part last affected remaining for some time after red and swoln. The Fever wears off by degrees, the pain still continuing, yea and sometimes raging more cruelly than before. In Rheumatic Aches of the Loins, there is a most violent pain that remains fix'd about the region of the Loins, and resembles the Stone; only the sick person is not troubled with a desire to vomit. He cannot lie in his Bed, but either leaps out of it, or sits upright in it, perpetually tossing his body backwards and forwards. The Blood is like that in a Pleurisie.

Let ten ounces of Blood be taken from the Arm of the side affected.

Take Water of Lettuce, Purslain and Water-Lillies, of each four ounces; Syrup of Limons one ounce and a half, Syrup of Violets one ounce: Mix and make a Julep to be drank at pleasure.

Prescribe an Emulsion of the four greater cold Seeds; and a Cataplasm of the Crums of white Bread and Milk, ting'd with Saffron, to be apply'd to the Part affected.

The day after let the same quantity of Blood be taken away as before, which must be repeated after a day or two, and the same operation must be reiterated four times, or oftner, if need require: Observing that after the second time the intervals must still be longer.

In the days that are free from Phlebotomy, let a Clyster of Sugar'd Milk be sometimes injected, or that which follows.

Take of the common Decoction for a Clyster one pint, Syrup of Violets, and Brown Sugar, of

of each two ounces: Mix them for a Clyſter.

If the Patients Weakneſs will not permit the repeated taking away of his Blood, then after the ſecond or third time, the Cure is to be thus attempted.

Let him take the common purging Potion every ſecond day, while his illneſs continues, and the ſame nights a compoſing Draught of the Syrup of *Meconium*.

But if theſe remedies prove ineffectual, and the Feebleneſs of the Patient be ſuch, that he cannot bear any Evacuations, let him uſe the Antiſcorbutic Electuary and Water deſcrib'd in the Chapter *of the Scurvy*, which are alſo uſeful in the Scorbutic Rheumatiſm.

In young perſons, and ſuch who are not much addicted to Wine, the Rheumatiſm may be as happily cured by a very cooling and indifferently nouriſhing Diet, as by repeated letting of Blood, which they cannot ſo well bear. For example,

Let the Patient live only upon Whey four days together; and afterwards beſides his Whey, he may, once in the day, inſtead of a Dinner, eat a little Bread made of fine Flower, till he perfectly recover: Only during the laſt days of his Illneſs, he may be allowed to eat another piece of Bread for his Supper. After the ceaſing of the Symptoms, he may eat boil'd Chickens, and other Meats of eaſy digeſtion, obſerving every third day to feed only upon Whey, till he be perfectly reſtor'd to his former Health

Of the Eryſipelatous Fever.

All the Parts of the Body eſpecially the Face

Face, are swoln, red and full of pain. The Face and Head are overspread with little thick pimples, which sometimes rise into Blisters, the Eyes are hid under the Swelling; Coldness, Shivering and other signs of a Fever do also appear. There is another *Species* of this Disease, caus'd by the drinking of attenuating Liquors, in which there is a slight Fever, accompany'd with Wheals, like the pushes that are caus'd by the pricking of Nettles, which sometimes rise up into Blisters, then immediately vanish, and lurking under the Skin, where they occasion a very troublesome Itching, after scratching they appear again. There is also another kind of Eruption, which usually breaks out in the Breast; and is a broad spot that hardly rises above the skin, being scurfy and full of yellow Scales. The person affected with it is well so long as it continues, but after its disappearing there follows a slight Sickness, and the Urine looks troubled and yellow. It is cured with the same Remedies that are prescrib'd for a confirmed Itch. Let the patient drink Wine, and feed upon Meats of easy Digestion.

Let a Vein be open'd in the Arm, and nine or ten ounces of Blood taken away; the next day let the common purging potion be exhibited.

Take of the Roots of Marsh-mallows and Lillies, of each one ounce; Leaves of Mallows, Elder, and Base Mullein, Flowers of Camomil, and Melilot, Tops of St. Johns-wort and Lesser Centory, of each one handful; Lin-seed, Fenugreek seed; of each half an ounce. Boil them in a convenient quantity of Water to three pints;

pints; strain out the Liquor, and when you use it add to every pint two ounces of Spirit of Wine. Dip pieces of Woollen Cloth in this Decoction, and having squeez'd them, apply them hot twice every day, anointing the part affected, after fomentation, with the following mixture.

Take half a pint of Spirit of Wine; Treacle of *Andromachus* two ounces, Powder of Long Pepper and Cloves, of each two drams. Make a Mixture, in which dip a piece of Brown Paper, and wrap about the part affected.

If the first Letting of Blood be not sufficient let it be repeated; and if the Disease still continue, the same must be reiterated yet once and again, interposing always one day.

In the days that are free from letting of blood, prescribe a Clyster of Milk with Syrup of Violets, and cooling Emulsions and Juleps

Of the raging Itch, and other inveterate Diseases of the Skin, which are not curable by Letting of Blood and Purging.

Take Treacle of *Andromachus* half a dram, the Electuary *de Ovo* one scruple, the Root of *Virginian* Snakeweed in fine Powder fifteen grains; Oriental *Bezoar*, five grains: with a sufficient quantity of the Syrup of Citron-pickle, make a *Bolus*, to be taken at the time of going to Bed one and twenty days together, drinking after it six spoonfuls of this Julep.

Take of *Carduus Benedictus* water, six ounces, distill'd Treacle water, Plague water, of each

two ounces; Syrup of Clove-gilliflowers, one ounce: mix and make a Julep.

Let the Patient drink every morning half a pint of warm Posset, and sweat an Hour after it.

This course being ended, if the Pimples still remain, let the parts affected be anointed with the following Liniment.

Take of the Ointment of sharp-pointed Dock, two ounces; Pomate, one ounce; Flowers of Brimstone, three drams; *Oleum Rhodij*, half a scruple: make a Liniment.

But these Remedies ought not to be used, till the Patients Body hath been first duly prepar'd by letting of Blood and Purging.

Of the Quinsy.

The Quinsy doth most frequently occur betwixt the Spring and Summer. The first assault of the Fever is seconded by a pain and inflamation of the Jaws; which, together with the swelling of the *Uvula*, Tonsils and *Larynx*, renders the sick Person unable either to swallow or breath.

Let a Vein be open'd in the Arm, and a great quantity of Blood taken away. Let the inflam'd parts be touch'd with Honey of Roses impregnated to a very high degree of acidity with Spirit of Vitriol, or of Sulphur, or with Spirit of Vitriol alone. Presently after let the following Gargarism be prescribed, to be used not after the usual manner, but held in the mouth, without any agitation, till it grow hot and then spit out, and ever and anon repeated.

Take

Take Plantain water, Roſe water, and Frogs Sperm water, of each four ounces; the Whites of three Eggs, by ſhaking reduc'd to Water; Sugar-candy three drams: Mix and make a Gargariſm.

Let the cooling Emulſion preſcrib'd for the Pleuriſy be daily uſed.

Next morning, unleſs the Fever and Difficulty of Swallowing be abated, the Letting of Blood muſt be repeated, and the Purgation delay'd till the day after, which otherwiſe ought to have been attempted with ſome lenitive Medicine.

If after all the Diſeaſe doth continue (which happens very rarely) both the Letting of Blood and Purging muſt be reiterated. Let a large and ſharp Bliſtering Plaiſter be applied to the hinder part of the Neck after the firſt Letting of Blood.

Every day that is free from purging, let a cooling and ſoftning Clyſter be injected in the morning. Let the Patient uſe a thin Diet, and abſtain from his Bed every day for ſome Hours.

In all theſe Fevers which I call *Intercurrent*, as alſo in that of the preſent conſtitution, it is diligently to be obſerved, that the ſick perſon muſt abſtain from his Bed a great part of the day, and that he muſt feed upon Barley or Oatmeal Broths, and ſuch like things, and uſe Small Beer hopp'd, and Milk and Water for his ordinary Drink.

Of the Meaſles.

They chiefly invade Children. The firſt day

they are taken with a chilneſs and ſhivering, and grow hot and cold by turns. The ſecond day the Fever is at the height, and the following Symptoms appear. Vehement Sickneſs, Thirſt, Want of Appetite, the Tongue is white (but not dry) a little Cough, Heavineſs of the Head and Eyes, and an Inclination to ſleep, a Humour perpetually dropping from the Noſe and Eyes, which Tears are a moſt certain ſign of the Meaſles. As alſo Sneezing, Swelling of the Eye-lids a little before the Eruption, Vomiting, a *Diarrhæa* or Looſneſs, Greenneſs of the Excrements, eſpecially in Children that are breeding Teeth. The Symptoms increaſe till the fourth day, in which (and ſometimes in the fifth) the Forehead and Face begin to be mark'd with little red Specks, not unlike to Flea-bitings, which being afterwards augmented both in bigneſs and number, run together in Cluſters, and ſtain the Face with great red Spots, that are made up of ſmall Pushes raiſed ſo little above the Skin, that you can hardly perceive the protuberancy of them with your Eye, tho you may feel it by ſlightly touching them with your finger.

From the Face, where at the firſt they only appear, they ſpread themſelves over the Breaſt, Belly, and laſt of all the Legs, in which parts they are broad and red, and riſe not above the ſurface of the Skin. After the Eruption of the Meaſles the Symptoms are not mitigated, as in the Small-Pox. The Vomiting indeed ceaſes, but the Fever, Cough and Difficulty of Breathing are increas'd, and the Defluxion upon the Eyes, the Drowſineſs and Dejection of Appetite ſtill continue. On the ſixth day, or thereabout, the

the Forehead and Face grow rough, the Wheals dying away, and the uppermoſt skin being broken, in the reſt of the Body the Spots appear very broad and red. About the eighth day theſe in the Face vaniſh, and ſcarcely are there any to be ſeen in the reſt of the Body. The day following they diſappear entirely, leaving behind them certain mealy Scales in the Face and Limbs, and ſometimes over all the Body; and at this time the Fever, Cough, and difficulty of Breathing increaſe. In adult Perſons that are kept hot, the Spots grow firſt livid, and then black.

Take of the Pectoral Decoction a Pint and a half; Syrup of Violets, and of Maiden-hair, of each an ounce and a half: mix and make an Apozem. Doſe three or four ounces, three or four times in the day.

Take of Oil of ſweet Almonds, two ounces; Syrup of Violets, and of Maiden-hair, of each an ounce; White Sugar-candy, as much as ſufficeth: mix and make an *Eclegma*, to be taken often licking, eſpecially when the Cough is troubleſome.

Take of Black-Cherry water, three ounces; Syrup of *Meconium* one ounce: mix them for a Draught, which is to be taken every night, from the beginning to the end of the Diſeaſe, augmenting or leſſening the Doſe according to the Age of the Patient.

Let the ſick perſons keep their Beds two days, after the firſt Eruption of the Spots.

If after the diſappearing of the Meaſles, they be ſucceeded by a Fever, difficulty of Breathing, and other Symptoms counterfeiting a *Peripneumonia*, in ſuch a caſe a Vein in the Arm is to be

open'd and a great quantity of Blood taken away once, twice, or thrice, as the occasion shall require, interposing always a convenient space of time betwixt. Let the Patient also continue the use of the Pectoral Decoction above describ'd as also of the *Lohoch*, or Oil of Sweet Almonds, by it self. And about the twelfth day from the first beginning of the Disease, let him be purg'd with a Lenitive Medicine.

The *Diarrhæa* or Looseness, that comes after the Measles, is cured by letting of Blood.

Of the Small Pox.

They are of two kinds, the Distinct and Running (commonly call'd Flux'd) Pox. The first at the beginning are attended with Chilness and Shivering, intense Heat, vehement pain of the Head and Back, disposition to vomit; in Adult persons, with a great propensity to sw.at (from whence you may conclude, that they will not run together), a pain under the hollow part of the Breast if it be prest with the Hand, Dulness and Sleepiness, and sometimes *Epileptic* Fits (especially in Children) which if they come after the breeding of Teeth is over, you you may foretel that the Small Pox is at hand; insomuch that if the *Epileptic* Fit happens over night, the Pox will shew themselves next morning, and are for the most part of a mild sort, and very rarely run together. On the fourth day inclusively from the beginning, and sometimes later, but rarely sooner, the Pox break out, at which time the Symptoms either abate or entirely disappear. At the first Reddish

Pushes

Puſhes appear ſcatter'd over the Face, Neck Breaſt and the whole Body; then comes a Pain in the Jaws, which increaſeth as the Pox riſe higher. About the eight day from the firſt invaſion of the Diſeaſe, the Intervals between the Pimples, which were hitherto white, begin to be red and ſwoln, and affected with a ſtretching pain; the Eye-lids ſwell, and like blown Bladders cover the Eyes. Next after the Face the Hands ſwell, and the Fingers are diſtended; the Pox in the Face which before were ſmooth and red, now appear rough (which is the firſt ſign of Maturation) and whitiſh: Moreover they caſt forth a yellowiſh Juice, in colour not unlike a Honey-comb. The Inflamation of the Face and Hands being now at the height, the Intervals between the Pimples appear of a florid colour, like that of Damask Roſes, and the Milder, the Pocks are, ſo much the more lively do both they and the skin between them expreſs that colour. The Pimples in the Face grow ſtill rougher and yellower as they grow riper; but in the Hands and the reſt of the Body, they daily grow whiter and leſs rough. The eleventh day, the Swelling and Inflamation abates, and the Pox being ariv'd at their due maturity and bigneſs (which equals that of the greater ſort of Peaſe) wither and fall off. On the 14th or 15th they periſh entirely; but they that are in the Hands are of a more obſtinate nature; and being ſtill white and freſh they continue a day or two longer, after which they break; whilſt theſe that are in the Face and the reſt of the Body fall off in Scales, which in the Face are ſucceeded by Holes or Pits. During the whole courſe of the Diſeaſe, the Belly is

either quite conſtipated, or very rarely performs its Office. The greateſt part of thoſe to whom this Diſeaſe proves mortal, die on the eighth day in the Diſtinct, and on the eleventh in the Running Kind. For when, in the firſt ſort of Pocks, Sweating is promoted with Cordials or a hot *Regimen*, on the forementiond day, the Face, which ſhould be ſwöin and inflam'd in the diſtances between the Pimples, on the contrary appears flaccid and whitiſh; whilſt in the mean time the Pocks are red and high, and even continue to be ſo after death: That Sweat alſo which had hitherto flow'd abundantly, ſuddenly diſappears: The Sick perſon becomes light-headed, vehemently ſick and anxious, toſſes his Body, piſſeth little and often, and within a few hours expires.

In the Running kind the Symptoms are the ſame, but more violent: The Fever (for example) Anxiety, Sickneſs, Diſpoſition to Vomit, *&c.* do more cruelly torment the diſeaſed perſon; but there is not the ſame propenſion to ſweat, as in the other kind. A Looſeneſs ſometimes comes before the Eruption of the Pocks and continues a day or two after, which ſcarce ever happens in the Diſtinct ſort. On the third day, or ſooner, rarely later, they break out, and the ſooner they appear, the more they run together. Sometimes their Eruption is retarded till the fourth or fifth day, by the violence of ſome Symptom, ſuch as (for example) a pain in the Loins, Side o Limbs, counterfeiting the Stone, Pleuriſy or Rheumatiſm, or in the Stomach with Vehement Sickneſs and Vomiting. The Symptoms abate not immediately after the coming

coming out of the pocks, as they do in the other kind; but the Fever and the reſt alſo continue to afflict the ſick perſon many days afterwards. Sometimes they break forth after the manner of *Eryſipelas*, and ſometimes like the Meaſles, but are plainly diſtinguiſh'd by the time of the Eruption. During the progreſs of the Diſeaſe they do not riſe to any conſiderable height, but being intangled together in the Face, like red Bliſters, they cover the whole Countenance, which ſwells ſooner than in the Diſtinct kind. Afterward they appear like a white skin glu'd to the Face, and are not much higher than the ſurface thereof. The eighth day being paſt, the white Film grows daily rougher by degrees, and of a brown colour. The pain in the skin is more intenſe, till at laſt the ſcales fall off, which in ſo cruel a Diſeaſe happens not till after the twentieth day. This in the mean time is worthy to be obſerv'd, that by how much nearer the ripening pimples approach to a duskiſh colour, ſo much more dangerous are they, and diſappear more ſlowly; but the yellower they are, they run the leſs together and vaniſh more quickly. After the Film is fallen off there appears no roughneſs in the Countenance, but it is immediately overſpread with mealy ſcales of a very corroſive nature which leave pits behind them, and oftentimes Scars. Sometimes the Skin of the Shoulders and Back comes off. The Dangerouſneſs of the Diſeaſe is to be eſtimated by the number and frequency of the pimples in the Face alone. Theſe that are in the Hands and Feet are biggeſt and the higher you aſcend from the extremities of the Limbs, the leſſer and narrower they

grow. In adult persons, Salivation, and a Looseness in Children (tho not so certainly) accompanies the Running Kind. The Salivation sometimes begins at the time of Eruption, sometimes two or three days after, the sick person spitting at the first a thin matter, which on the eleventh day grows more viscous, and is voided with great difficulty. He is thirsty, hoarse, extremely dull and sleepy; the Cough sometimes surprizes him as he drinks, and the Liquor returns through his Nostrils. Then the Salivation usually ceaseth, and unless the Swelling of the Face and Hands now notably beginning, and considerably lasting, supplies its room, the sick person forthwith dies: for though, according to the Genius of the Disease, the Swelling of the Face should abate somewhat on that very day, yet ought it not intirely to disappear till a day or two after. The *Diarrhœa* surprizes not Children, so early as the Salivation does Men. In both these Kinds of Small Pox, the Fever reigneth from the beginning to the time of the Eruption, from which to the time of the Maturation of the Pimples it abates, and, that being finish'd, vanishes. The bad *Regimen*, or Government of the sick Person, occasions divers irregular Symptoms; such as the Flaccidity and falling down of the Pocks, Phrensy, *Coma* or perpetual Sleepiness, Purple Spots scatter'd between the Pimples, and little black Spots on the tops of them, subsiding in the middle, pissing and spitting of Blood about the beginning of the Disease, suppression of Urine, *&c.*

The Separation and Febril Ebullition are transacted in the first three or four days. The Ex-

Expulsion is perfected in the following days by means of little Abscesses arising in the Skin.

Let a Vein be open'd in any of the three first days, and nine or ten ounces of Blood taken away; and afterwards exhibit a Vomit of an ounce, or an ounce and a half of the infusion of *Crocus Metallorum*.

During the first days let the Blood be diluted by frequent Draughts of Small Beer hop'd.

Assoon as all the Pocks are come forth (which is usually on the sixth day of the Disease) let an ounce of Syrup of *Meconium* be given at night, which must afterwards be repeated every night to the tenth day after the Invasion. Let the Dose be augmented that night (if the Pocks be of the running kind) to an ounce and an half, and one ounce in the morning, and continued in like manner till the Patient be recovered from his sickness.

If the Syrup of *Meconium* do not agree with him, you may substitute Liquid *Laudanum* in its place, *viz.* eighteen Drops for an ounce of the Syrup, and five and twenty Drops for an ounce, and an half. In the mean while it is to be observ'd, that, if the quieting Medicine given twice a day be not sufficient to allay the Commotion (as it oftentimes happens about the end of the Disease, when the Pocks run notably together) in that case it ought to be repeated every eight Hours, or oftner, if need require.

But when the Pocks are distinct, it will suffice to exhibit a Composing Draught once every night, after the full Eruption; and also in a smaller Dose.

But of whatsoever kind the Pocks are, and in whatsoever time of the Disease a Phrensy supervenes, it is altogether necessary to curb the disorderly motion of the Spirits, and therefore if the former Quieting Dose prove ineffectual, it must be repeated again and again, till the Tumult be wholly asswag'd; interposing always a convenient space between the Doses, that we may be able to discern, whether the last Dose hath already perform'd as much as we desire, before we proceed to exhibit another.

If the Urine be totally suppress't, let the sick Person be taken out of his Bed, and made to walk a little.

If the Spittle by reason of the Heat be so tough, that it cannot be expectorated, let a Gargarism be frequently injected into the Throat with a Syringe. It may be made of Small Beer or Barly Water with Honey of Roses: Or thus.

Take of the Bark of the Elm-tree six drams, Liquorish Roots half an ounce, twenty ston'd Raisins, Red Roses two Pugils; boil them in a sufficient quantity of water to a pint and an half; in which being strained out, dissolve *Oxymel* simple, and Honey of Roses, of each two ounces. Mix them for a Gargarism.

If upon the eleventh, or any other succeeding day, the Secondary Fever, with Unquietness, Tossing of the Body, and such like other Symptoms, be so fierce and high, that all the Pacific Medicines (how often soever repeated) are not able to put a stop to its Fury, and Death seems to be at hand, let a Vein be immediately open'd, and Blood copiously extracted, *viz.* to about twelve

twelve ounces, and the ſame once or twice repeated in the following days, if the conſideration of the forementionʼd Symptoms require it, but not otherwiſe. And in this caſe, after the Letting of Blood, the Patient may be gently purgʼd on the thirteenth, or any other ſucceeding day, but not before; as for example, let him take an ounce of the Lenitive Electuary, diſſolved in four ounces of Cichory or Milk-water. But neither the Letting of Blood nor Purging doth forbid the uſe of Compoſing Medicines, which (theſe notwithſtanding) ought to be exhibited both largely and frequently, if need be: For after all we muſt conſtantly have recourſe to them in this Diſeaſe.

When the Pocks are perfectly dryʼd up, let the Face be anointed with a Liniment made of equal parts of Oil of Sweet Almonds and Pomate, two days, and no longer.

On the twenty firſt day of the Diſeaſe let a Vein in the Arm be openʼd, and the day after let a Purging Medicine be exhibited, and thrice repeated every ſecond day.

As for the Government of the ſick Perſon, let him abſtain from his Bed till the ſixth day, after the firſt Invaſion of the Diſeaſe; and afterward keep his Bed till the ſeventeenth day, being coverʼd only as he was wont to be, when in Health.

Let him feed upon Oat-meal and Barley-Broths, boilʼd Apples, and Small Beer, and after the eleventh day, let him drink if he pleaſes, four or five ſpoonfuls of *Spaniſh* Wine, twice every day.

If the Swelling in the Legs yield not to the Evacuations above prescrib'd, it may be easily driven away with Fomentations of Mallows, Base Mullein, Elder, and Laurel Leaves, with Flowers of Cammomil, and Melilote, boil'd in Milk.

If during the first days of the Disease the Patient spit or piss Blood, let the Powder and Mixture, prescrib'd in the Chapter *of Spitting of Blood*, be carefully exhibited every sixth hour, till these Symptoms entirely disappear: In which case also large Doses of Composing Medicines may be given.

Of St. Vitus's *Dance.*

'Tis a sort of Convulsion, that infests Children from ten years old to the Age of Puberty. It is known by their Limping, or by the Instability of one of their Legs, which they draw after them, after the manner of Fools. If the Hand of the same side be laid upon the Breast, or any other part of the Body, they cannot keep it a moment in the same posture, but it will be distorted by the Convulsion into another situation and place, whatsoever efforts they make to the contrary. Before one of these can put a Cup to his Mouth, he useth a thousand ridiculous Gestures, and Jugler-like Tricks: For he doth not bring it to his mouth in a straight line, but his Hand being strangely drawn aside by the Convulsion, he tosses it a good while hither and thither, till at last as it happens to come near to his Lips, he suddenly throws the Liquor into his mouth, and greedily swallows it down, as

if

if he intended to make Sport to the Spectators.

Let eight ounces of Blood be taken away, more or leſs, according to the Age of the Patient, by opening a Vein in the Arm.

The day following let him take one half of the Common Purging Potion, or ſomewhat more, with reſpect to his age, and at night the following draught.

Take Black Cherry water one ounce, *Langius* his Epileptic water three drams, Treacle of *Andromachus* one ſcruple, liquid *Laudanum* eight drops for a draught.

Let the Purging Potion, with the pacific draught at night, be thrice repeated, once every ſecond day.

Afterwards let more Blood be taken away, and the purging Potion repeated as before, reiterating on this wiſe the letting of Blood and Purgation, to a third or fourth time, and allowing always a convenient reſpite between the Evacuations, that the Patient be not expos'd to danger.

In the days that are free from Purgation, preſcribe as follows:

Take Conſerve of *Roman* Wormwood, and of the yellow part of an Orenge, of each one ounce; Conſerve of Roſemary flowers, half an ounce; old Treacle of *Andromachus*, and candied Nutmeg, of each three drams; candied Ginger one dram; with as much as ſufficeth of ſyrup of the juice of Citron make an Electuary. Doſe as much as a Nutmeg in the morning, and at five a clock in the afternoon, drinking after every Doſe five ſpoonfuls of the following Wine.

Take

Take of the Roots of Peony, Elicampane, Masterwort and *Angelica*, of each one ounce; Leaves of Rue, Sage, Betony, Germainder, white Horehound, and the tops of lesser Centory, of each a handful; Juniper Berries six drams; the Pills of two Orenges. Let all be slic'd and infus'd cold in three quarts of Canary Wine. When you use it, strain out so much as you intend to drink

Take of Rue water four ounces; *Langius* his Epileptic water, and compound Bryony water, of each one ounce; Syrup of Peony six drams; mix and make a Julep. Dose four spoonfuls every night at the time of going to Bod, with eight drops of the spirit of Hartshorn.

Let a Plaster of *Caranna* be apply'd to the soles of the Feet.

The next year, about the same time of the year that the Disease first appear'd, let a Vein be again open'd, and a purging Medicine exhibited some days, for prevention of a Relapse

It seems probable to me, that the Falling Sickness in adult persons might be cur'd by this method, which nevertheless I have not yet experienc'd. But since it is accommodated to the tender ages of those that are wont to bt infested by St. *Vitus*'s Dance, if it be apply'd to the Cure of Epilepsies in persons grown up, both the quantity of the Blood that is to be taken away, and the Doses of the purging Medicines ought to be augmented.

Of

Of the Apoplexy.

It consists in a most profound Sleep, and total privation of Sense and Motion, excepting only Respiration, which is still perform'd, but with Difficulty and Snoring.

Let a Vein be instantly open'd in the Arm, and twelve ounces of Blood taken away, and afterwards eight ounces more out of the Jugulars. Immediately after exhibit a Vomit of an ounce and an half, or two ounces, of the Infusion of *Crocus Metallorum*,

Let a large and sharp blistering Plaster be applied to the hinder part of the Neck.

While these things are doing, let the sick person sit upright in his Bed, not oppressed with too great a burthen of Cloaths.

Let Spirit of *Sal Armoniac* excellently rectified, be held to his Nose.

After the operation of the Vomit is finished, let three or four spoonfuls of the following Julep b efrom time to time exhibited.

Take Rue water four ounces; compound Bryony water, and *Langius* his Anti-epileptic water, of each one ounce; Spirit of Hartshorn twenty drops; Sugar-candy, as much as sufficeth, make a Julep.

Or a spoonful of compound Spirit of Lavender, may be given twice or thrice by it self, during the Fit, Interposing the space of an hour, or half an hour, betwixt the Doses,

Observe heedfully, that Cordials ought not to be exhibited too frequently, and such as are too

hot

hot not at all, as it is the custom to do: For, after all, whatever specific vertue they may seem to be endu'd withal, they do more mischief than good, by melting the humors, and consequently augmenting the Disease: which inconvenience also is no less occasion'd by too great a burthen of Cloths.

After the Paroxysm is over, to prevent a Relapse, let these things be prescrib'd.

Take of the pills *Cochiæ* the greater, two scruples for a Dose, to be repeated six times, once every third day, at Four of the clock in the morning, sleeping after them.

Take Conserve of Sage Flowers, and of Rosemary Flowers, of each one ounce; Conserve of the yellow rind of an Orenge six drams; candied Nutmeg, and candied Ginger, of each half an ounce; old Treacle of *Andromachus* two drams; the powders of the Electuaries *Diambræ*, and *Diamoschu Dulcis*, of each one dram; with a sufficient quantity of the Syrup of Citron-pickle make an Electuary. Dose as much as a Chesnut, every morning and evening, drinking after it two spoonfuls of *Langius* his Epileptic water.

Take of Ambergris half a dram; the distil'd Oils of Anise-seed, Cinnamon and Nutmeg, of each two drops; Oil of Cloves one drop, Sugar dissolv'd in Orenge flower water as much as sufficeth to make Tablets according to Art; Let the patient eat one at pleasure.

Let him abstain from all manner of strong Drink, and eat Broths made of Barley, Oats, or of Chickens; and sometimes even the Flesh of Chickens and Lambs, and such like Meats of

easie

eaſie digeſtion, eſpecially while purging Medicines are exhibited.

Of the Inflamation of the Eyes.

It is manifeſt of it ſelf, Let ten ounces of Blood be taken out of a Vein in the Arm, and the common purging potion exhibited the next day, and repeated two days after, and once more reiterated after a like interval of time. The ſame Nights let the patient take a quieting draught of an ounce of the Syrup of *Meconium*.

Alſo let him drink four ounces of an Emulſion of the greater cold Seeds, and white Poppy Seed three or four times, every day that is free from purgation.

Take of Plantain water, Red-Roſe water and Frogs ſperm water, of each one ounce; powder of prepar'd Tutty one dram. Make a mixture. Pour a few drops of it into the Eye twice every day, beginning after the firſt purgation.

If the Diſeaſe will not yeild to theſe Remedies, the Letting of Blood (eſpecially if it appear pleuritic) and purging muſt be repeated yet twice more.

Let the patient abſtain from the uſe of Wine, and all ſorts of ſtrong Liquors; from Meats alſo that are ſalt and hard of digeſtion; and drink Milk and Water boil'd, all the days that are free from purgation.

Note, that it often happens, that the letting of blood and purging, how often ſoever repeated,

peated, are ſtill found to be ineffectual. In this caſe a compoſing draught of an ounce of Syrup of *Meconium* exhibited every night, perfects the Cure, without the help of any other Remedy.

Of the falling down of the Womb.

Take of the Bark of an Oak two ounces; boil it in four quarts of Spring-water till one half be conſum'd; adding (towards the end) the Rind of a Pomgranate beaten, one ounce; Red Roſes and Pomgranate Flowers, of each two handfuls; then add half a pint of Red Wine. Let the part affected be fomented with woollen Cloth dipt in the Liquor that is ſtrain'd out, two Hours before the Patient riſe every morning and at night when ſhe is in her Bed, till the Symptom diſappear.

Of the Paroxyſms of the Stone in the Kidneys.

The Signs are theſe: A fix'd pain in the Region of the Loins, bloody Urine, the voiding of Sand or Stones, the Numneſs of the Leg on the ſide of the affected Kidney, the retraction of the Teſticle of the ſame ſide where the Pain is felt, a queaſineſs of Stomach, and vomiting. There is a near reſemblance between this Diſeaſe and the Colic, but they differ in ſome Symptoms, an account of which you may read in the Chapter, *Of the Bilious Colic.*

If the Patient be of a Sanguine Conſtitution, let ten ounces of Blood be taken from the Arm anſwering to the affected Kidney; then let a Gallon

Gallon of Poſſet, in which two ounces of the Roots of Marſhmallows have been boil'd, be haſtily ſwallow'd down, and the following Clyſter injected.

Take of the Roots of Marſhmallows and Lillies, of each one ounce; the Leaves of Mallows, Pellitory of the Wall, Brank-Urſine, and Chamomil Flowers, of each one handful; Linſeed, and Fenugreek-ſeed, of each half an ounce: Boil them in a convenient quantity of water to a Pint and an half. Make a Clyſter. After the rejection of the Vomit and Clyſter, let a large Doſe of Liquid *Laudanum* be exhibited, *viz.* to five and twenty drops, or 15 or 16 grains of *Matthew*'s Pills.

If the Patient be an old Man, or one that is much weaken'd by the long continuance of the Diſeaſe, or an old Woman ſubject to Vapours, (eſpecially if at the beginning of the Paroxyſm ſhe void black and gravelly Urine) then omit the Letting of Blood, but in all other things proceed according to the method above deſcrib'd.

Of the Dyſentery, Dirrhæa *and* Teneſmus.

There is firſt a chilneſs and ſhivering, then an univerſal Heat all over the Body, which is ſhortly follow'd by Gripings of the Guts, and theſe by a frequent voiding of ſlimy matter (only ſometimes ſome Stools, of natural Excrements are interlac'd) with tormenting pain, and as it were a deſcending of all the Entrals, with which the ſick Perſon is miſerably afflicted as often as he goes to Stool. In the mean while the matter

ter that is evacuated, is intermixt with ſtreaks of Blood; though ſometimes not the leaſt mixture of Blood appears during the whole courſe of the Diſeaſe. In an advanc'd Dyſentery ſometimes pure Blood is voided, and the Entrals affected with an incurable Gangrene. When the ſick perſon is in the prime of his age, or heated by the uſe of Cordials, he is taken with a high Fever, his Tongue is ſomewhat white, cover'd all over with a certain thick ſlime, ſometimes black and dry. The ſtrength of the Body is dejected, the Spirits are diſſipated, and the inward parts of the Mouth and Throat ulcerated, more eſpecially when the evacuation of the peccant matter is unſeaſonably ſtopt by aſtringent Medicines, before that which nouriſheth the Diſeaſe is expell'd by purgation. Sometimes the Dyſentery comes without a Fever, and the Griping of the Guts leading the Dance, the reſt of the Symptoms follow.

In a *Diarrhœa*, Excrementitious Humours are voided without Blood, or the ulceration of the Entrals.

In a *Teneſmus*, there is a perpetual deſire to go to Stool, yet nothing is evacuated but a little bloody or purulent Slime.

Let a Vein be open'd in the Arm as ſoon as may be, the ſame Night a Compoſing Draught exhibited, and the next Morning the common purging Potion, which muſt be repeated to two other Doſes every ſecond Day, as alſo the pacific Draught after the operation of the purging Medicine is over; but in the intermediate days let it be given morning and evening.

After

After the Patient has been let Blood, and once purged, through the whole courſe of the Diſeaſe, let the following Cordial be exhibited.

Take of Black-cherry Water, Strawberry Water, of each three ounces; Plague Water, Compound *Scordium* Water, and Barley-Cinnamon Water, of each one ounce; prepar'd Pearl, one dram and an half; Sugar-candy, as much as ſhall ſuffice; add half an ounce of Damask-Roſe-Water, to give the Julep a grateful reliſh. Let the Patient drink four or five ſpoonfuls of it, in caſe of fainting, or at pleaſure.

Let his ordinary Drink be Milk boil'd with a treble quantity of Water, or the white Decoction, thus:

Take of Harts-horn burnt, and Crums of a white Loaf, of each two ounces; make a Decoction in three Pints of Spring Water to two, and ſweeten it with a ſufficient quantity of fine white Sugar. Or if the Feebleneſs of the Patient require it, boil two pints of Spring Water with half a Pint of Canary Wine for his ordinary Drink to be taken cold.

After he hath been thrice purg'd, the whole Cure depends upon the uſe of *Laudanum*, repeated twice or thrice every day. Only let a Clyſter of half a Pint of Cows Milk, and an ounce and an half of Treacle of *Andromachus* be now and then injected, which is of excellent uſe in frequent Evacuation.

When the Flux of the Belly riſes no higher than a *Diarrhœa*, omit the letting of blood and purging,

Purging, and preſcribing the following *Bolus* to to be taken every morning.

Take of Rhubarb in Powder, half a dram (more or leſs, according to the Patient's ſtrength) with a ſufficient quantity of *Diaſcordium* make a *Bolus*, to which add two drops of Chymical Oil of Cinnamon.

Let a compoſing draught of an ounce of Barley-Cinnamon Water, and 14 drops of liquid *Laudanum* be exhibited every night.

If the ſick perſon be tormented with dry Gripings, voiding nothing, they are cured by waſhing with Whey,) being drunk cold, and injected warm) as in the Diſeaſe called the *Cholera*, with Chicken-Broth or Poſſet.

If this Diſeaſe laſt long, ſo that all the force thereof fall upon the ſtrait Gut, with a perpetual deſire to go to Stool, let a reſtorative Diet be preſcribed, and ſome Cordial Liquor to be drunk at pleaſure, that the Patient's ſtrength may be re-eſtabliſhed, which returning, the *Teneſmus* inſtantly vaniſheth.

Sometimes it falls out, that after a Dyſentery hath been ill cured, the Sick perſon is for ſome years troubled with tormenting pains; but by the repeated Letting of Blood, he may be reſtored to his former health.

Note, that in ſuch Conſtitutions of the Air as are leſs favorable to this Diſtemper, omitting all Evacuations, it is cured by the alone uſe of *Laudanum*, repeated every morning and evening, till the Symptoms wholly diſappear; or, if need be, thrice in 24 hours.

Of

Of the Bilious Colic.

It is a moſt fierce Pain in the Guts which begins with a Fever that laſts a few hours. Either it wrings them, as if they were girt with a Swathing-Band; or being contracted into a Point, bores them as it were with an Awger. Sometimes it grants a Truce, but preſently returns to the Aſſault. At the beginning it is not ſo certainly fix'd in any one point, there is not ſo frequent a deſire to vomit, nor doth the Belly ſo ſtubbornly reſiſt the force of purging Medicines; but by degrees, as the Pain is augmented, it is alſo more obſtinately fixt in a point, the deſire to vomit grows more troubleſom and frequent, and the Belly more coſtive, till at laſt the Colic degenerates into the Iliac paſſion.

It is thus diſtinguiſhed from the Stone in the Kidneys. 1. The pain of the Stone is fixt in one of the Reins, and from thence is ſtretch'd out to the Teſticle, according to the length of the *Ureter*. But the pains of the Colic are more unconſtant and moveable, compaſſing about the middle of the Belly as with a Girdle. 2. The Colical pains are increas'd after eating; but the Nephritical, or pains of the Stone, are rather mitigated. 3. In the Colic, the voiding of Excrements gives greater eaſe than in the Stone. 4 The Urine of thoſe that are troubl'd with the Stone, is, at the beginning of the Paroxyſm, clear and thin; afterwards there appears ſome Sediment, and at the laſt Sand or little Stones are voided: whereas in the Colic, the Urine is thick from the beginning.

Let a considerable quantity of Blood be taken out of one of the Arms, and three or four hours after an Anodyne exhibited: the next day give a lenitive Medicine, to be repeated every other day, to two Doses more.

But if the Disease was occasion'd by gourmandizing, or by soon perishing Fruits, then first of all the Stomach ought to be washed with great and frequent Draughts of Posset, and after that is done an Anodyne given; the next day order a Vein to be open'd, and afterwards proceed in the method above prescrib'd.

When this Disease, having been unskilfully handled, has continu'd very long, and the sick Persons have been reduc'd to extreme Feebleness by it, the plentiful drinking of either Plague Water, *Aqua Mirabilis*, or any other with which they were wont to be most delighted while they were in health, hath help'd them beyond all expectation.

Of the Disease called Cholera.

It contains it self within the Bounds of the Month of *August*, and scarcely maketh any Excursions into the first Weeks of *September*. There is a Disease like unto it, occasion'd by Surfeiting and Gluttony; which tho it be cured after the same manner, is yet of another Form. The Signs are enormous Vomiting, and the voiding of corrupt Humours by Stool, with great Trouble and Difficulty; Vehement Pain, Swelling up and Distension of the Belly and Entrails; Gnawing at the Heart or Stomach, Thirst; the Pulse quick, frequent, small and unequal; Heat and

and Anxiety; a moſt troubleſom Nauſeouſneſs or Loathing, Sweating, Contractions of the Legs and Arms, Swooning, Coldneſs of the Extreme Parts, and ſuch like Symptoms, which kill the ſick perſon in the ſpace of 24 hours.

Let a tender Chicken be boil'd in about three Gallons of Spring Water, that there be ſcarce any taſte of Fleſh perceivable in the Liquor; and let the ſick perſon ſwallow down ſeveral large Draughts of this Decoction lukewarm, or (in want of that) of Poſſet, whilſt in the mean time Clyſters of the ſame Liquor are ſucceſſively injected. And an ounce of the Syrups of Lettuce, Violets, Purſlain, and Water-Lillies, or any of them, may ſometimes be mixed both with the Draughts and Clyſters.

The Buſineſs of Waſhing being finiſh'd, which requires the ſpace of three or four hours, a compoſing Medicine puts an end to the Cure.

When the Phyſitian is not call'd till after the Patient is utterly ſpent and enfeebled by the Evacuations, and the extreme parts are already cold, recourſe muſt immediately be had to liquid *Laudanum*, and that in a large Doſe, (*viz.* 25 drops of it, in an ounce of Cinnamon water) which even after the ceaſing of the Symptoms ought ſtill to be repeated, but in a leſſer Doſe, till the ſick perſon be reſtored to his former health.

There is a ſort of *Cholera*, that uſually troubles Children, and is often fatal to them, which is occaſion'd by their Breeding of Teeth, or Surfeiting.

Their tender Age will not bear the waſhing of their Stomachs with large Draughts of Li-

quors, much leſs the raiſing of a greater tumult in the Humours by purging Medicines; and therefore the whole Cure is to be committed to the uſe of *Laudanum*. Let two, three, four, or more drops of it; according to the Age of the Child, be exhibited in a ſpoonful of Small Beer, or ſome convenient Water, and repeated as the occaſion ſhall require.

Of the Diſeaſe call'd Colica Pictonum, *or the Colic of the People of* Poictiers.

'Tis a kind of Colic that uſually degenerates into a Palſy, and a total loſs of motion in the Hands and Feet; which under this name is mention'd by *Riverius* in his Chapter *of the Palſey*, and is very well known in the *Carribbee* Iſlands, where multitudes of People are infeſted by it.

This moſt cruel pain is cur'd by Balſam of *Peru* exhibited frequently and in great Doſes, thus, pour 20, 30, or 40 drops of it into a ſpoonful of the fineſt white Sugar, and give it twice or thrice in the day. But the Palſy yields not to this Remedy.

Of the Iliac Paſſion.

The *Periſtaltic* Motion of the Guts is inverted; purging Medicines and Clyſters do immediately become Vomits; the Excrements of the Belly are voided by the Mouth.

Let nine or ten ounces of Blood be taken out of the right Arm. After ſome Hours, exhibit the following Powder.

Take

Take of Roſin of Scammony, or (if that cannot be had, Roſin of Jalap, twelve grains; *Torquet's* Calomel one ſcruple; mix and make a Powder, to be taken in a ſpoonful of Cows Milk, drinking after it one or two ſpoonfuls of the ſame Milk; or if the form of Pills be more acceptable to the Patient,

Take of the Pills *de duobus* half a dram; Calomel one ſcruple: with a ſufficient quantity of Balſam of *Peru*, make four Pills, to be taken in a ſpoonful of Syrup of Violets.

After the Operation of the Purge is ended, let the Patient take the following Draught.

Take of ſtrong Cinnamon Water one ounce, liquid *Laudanum* 25 drops: mix them for a Draught which muſt afterwards be repeated twice, thrice or oftner every day, till the Vomiting and Pain be aſſwaged: and even after they diſappear, for the Confirmation of the Cure, let let the Patient continue the uſe of the ſame Compoſing Draught for ſome time, when he goes to Bed, but in a leſſer Doſe,

Of the immoderate Flux of the Terms.

The Monthly Courſes of a Woman flowing naturally, may fill the Capacity of the Shell of a Gooſe egg. The Immoderate Flux of them is known by the Patient's ill-bearing or uneaſineſs under it, by the failing of her ſtrength, want of Appetite, ill Habit of Body, ghaſtly colour of Face, like that of a dead Carkaſs, and ſwelling of the Feet.

Let a Vein be opened in the Patient's Arm,

and eight ounces of Blood taken away. The next morning let her take the common purging potion, and repeat it every other day to two Doſes more, drinking at night after every purgation a compoſing draught of Syrup of *Meconium*.

In the intermediate Days let her take that which follows.

Take of Conſerve of dry Roſes two ounces; Troches of *Lemnian* Earth one dram and an half; Rind of Pomgranates, Red Coral prepared, Bole Armenic, of each two Scruples; Blood-ſtone and Dragons Blood, of each one Scruple: with a ſufficient quantity of Syrup of Quinces make an Electuary; of which let her take the quantity of a large Nutmeg in the morning, and at five a clock in the afternoon, drinking after it ſix Spoonfuls of the following Julep.

Take of the Water of Oak-buds and Plantain, of each three ounces; Barley-Cinnamon Water, and Syrup of dried Roſes, of each one ounce; Spirit of Vitriol as much as ſufficeth to give it a grateful ſharpneſs.

Take of the Leaves of Plantane and Nettles, of each a convenient quantity. Beat them together, and preſs out the juice, of which being clarify'd, let her take four or five Spoonfuls now and then at pleaſure.

After the firſt purgation, let the following plaiſter be apply'd to the Region of the Loins.

Take of Vermilion plaiſter, and the plaiſter for a Rupture, of each an equal quantity. Spread them on a piece of Leather for a plaiſter

to

to be applied to the Region of the Loins.

Of the Hysterical Colic.

It is a certain kind, or rather a very notable and usual Symptom of the Hysterical Disease, which is accompany'd with a most sharp pain about the pit of the Breast, and Vomiting of green Humours.

First, that the glut of the corrupt Humours lodged in the Stomach may not obstruct the efficacy of the quieting Medicine, let a large quantity of Posset (as for example a Gallon and an half) be swallow'd down, and cast forth again by vomiting. After which, exhibit 25 drops of liquid *Laudanum* in an ounce of stron[illegible]innamon Water, Plague Water, or any other convenient Vehicle.

Concerning the use of composing Medicines, it is to be observed, that they ought to be constantly repeated, till the Symptoms wholly disappear, interposing a convenient space between the Doses, that so we may be able to judge of the effect of one, before another be exhibited.

If the patient be of a sanguine Constitution, nor has been formerly subject to this Symptom, or weaken'd by it, then let a Vein be first open'd, before the use of the prescrib'd Vomit.

The Disease called, *The Hysterical Clavus*, is also cured by the same method.

But if the Hysterical Colic continue a great while, and come by Fits, then let the following things be given in the Intervals between the Paroxysms.

Take a dram of Zedoary reduc'd to fine powder, and make a *Bolus* with a ſufficient quantity of the Syrup of Citron pickle, to be taken every morning and evening for 30 days together, drinking the following Infuſion after it.

Take half an ounce of Zedoary cut into ſmall pieces, Infuſe it cold in four ounces of Canary Wine, and after it hath ſtood twelve hours, ſtrain it for your uſe. Or take Balſam of *Peru* as it is preſcribed in the Chapter of the Colic of the people of *Poictiers*.

What is here ſaid of the Hyſterical Colic, ought to be applied to the Hypochondriacal Colic. And this alſo is to be heedfully obſerv'd.

The nature of both theſe Diſtempers ſeems in a peculiar manner to require, that we ſhould eſſay ſeveral Medicines, till that at laſt be found out to which the Diſeaſe naturally yields: tho for the moſt part Steel is in this caſe moſt effectual.

This kind of Colic, both in Hypochondriacal and Hyſterical perſons, doth often degenerate into the Jaundice, which by degrees vaniſhes of it ſelf: But if it continue long, let the following Apozem be exhibited.

Take of the Roots of Madder, (ſuch as Dyers uſe) Turmeric, of each one ounce; greater Celandine (the whole plant) Tops of leſſer Centory, of each one handful. Boil them in equal parts of *Rheniſh* Wine and Spring-Water to a quart. In the ſtrain'd Liquor diſſolve two ounces of the Syrup of the five Roots. Make an Apozem. Doſe half a pint warm every morning

morning and evening, till the Patient recover.

Of the Faundice when it doth not come after the Colic.

It is known by the following Signs: a yellow colour of the whole Body, with which also all Objects appear ting'd to the ſick perſons, and is chiefly conſpicuous in the White of the Eyes; Itching, Lazineſs and Wearineſs; Bitterneſs of the Tongue, ſometimes choleric. Vomitings, Hiccoughs, White Excrements; the Urine is of a Saffron colour, and dyeth Cloths that are dipt in it of the ſame colour.

Exhibit the common purging Potion; and then preſcribe the things that are here ſubjoin'd, during the uſe of which, let the purging potion be repeated every fourth day.

Take Conſerve of *Roman* Wormwood; Conſerve of the yellow part of an Orenge, of each one ounce; candy'd *Angelica*, candy'd Nutmeg compound powder of *Aron*, and Steel prepar'd with Vineger, of each half an ounce; Extract of leſſer Centory; Extract of Gentian and Cream of Tartar of each two drams; *Engliſh* Saffron powdered half a dram; with a ſufficient quantity of the Syrup of the five Roots make an Electuary; of which let the patient take the bigneſs of a Nutmeg every morning, and at five in the afternoon, (or inſtead of the Electuary, you may give *Chalybeat*, or Steel Pills) drinking after the morning Doſe four pints of mineral purging Waters, and half a pint of the *Apozem* preſcrib'd in

the Chapter *of the Hyſterical Colic*, after the Doſe that is taken in the afternoon.

But if any Signs of a Dropſy appear, let the patient uſe the *Apozem* both in the morning and evening.

But if the obſtinacy of the Diſeaſe will not be overcome by the long continu'd uſe of theſe Remedies, let the ſick perſon have recourſe to the Iron or *Spaw*-waters, which ought to be drunk at the Fountain head.

Of Preſervation from Abortion.

Uſe the ſame things that are preſcrib'd in the Chapter of the *Immoderate Flux of the Courſes*, omitting only purgation and the Juices.

Of the immoderate Flux of the Loches, or Child-bed Purgation.

There are three things requir'd to conſtitute a natural flowing of the Loches. Firſt, pure Blood flowing copiouſly for the firſt three days; then watery Blood, like Water wherein Fleſh has been waſh'd, continuing about four days after; and laſt of all tough and clammy matter coming forth during the five or ſix days next following, and ſo onward to the end of the month.

Now the immoderate Flux of the Loches is to be eſtimated from the decay of ſtrength; Swooning, the coming forth of clotted Blood; Loathing of Meat, pain in the *Hypochondria*, or under the Ribs, Diſtenſion of the Belly, a weak and

and frequent pulſe, Dimneſs of Sight, Noiſe in the Ears, and Convulſions.

Let a thickning Diet be preſcrib'd, and the following potion adminiſter'd.

Take of Plantane Water and Red Wine, of each one pint; boil them together, till a third part be conſum'd, then ſweeten the Liquor with a convenient quantity of fine white Sugar, and let the patient drink half a pint of it cold twice or thrice a Day.

In the mean time let ſome mild Hyſterical Julep be now and then exhibited, and the following Bag applied to her Noſe.

Take of *Galbanum* and *Aſa Fœtida*, of each two drams; *Caſtoreum* a dram and an half; Volatil Salt of Amber half a dram: mix them, and tie them in a Bag. Or

Take two drams of Spirit of *Sal Armoniac* and put it frequently to her Noſe.

Of Suppreſſion of the Loches.

The Signs are theſe: A Swelling of the Belly, a heavy pain in the lower parts of the Belly, the Loins and Groin, redneſs of Face, difficulty of breathing, perturbation of the Eyes, Shiverings, acute Fevers, Swoonings, Cold Sweats, a Senſe of Bearing and Burning heat in the Womb, a Palſy in the lower parts, and ſometimes an Epilepſy.

Let her be inſtantly confin'd to her Bed, and the Hyſterical Plaiſter apply'd to her Navel, then preſcribe this Electuary:

Take Conſerve of *Roman* Wormwood, and of Rue, of each one ounce; Troches of Myrrh two

two drams; *Caſtoreum*, *Engliſh* Saffron, Volatil Salt of Amber, *Sal Armoniac*, and *Aſa Fœtida*, of each half a dram; Syrup of the five Roots as much as ſufficeth to make an Electuary, of which let her take the quantity of a Nutmeg every four hours, drinking four or five ſpoonfuls of the following Julep after it.

Take of Rue water four ounces; compound Bryony water two ounces; Sugar-candy as much as is convenient: Make a Julep.

Or let her take a ſcruple of Troches of Myrrh every four hours.

If after the preſcrib'd quantity of theſe Remedies is conſumed, the Loches continue ſtill to be ſuppreſt, exhibit only one Doſe of *Laudanum*, namely, 14 drops of *Laudanum Liquidum* in compound Bryony water, or one grain and an half of ſolid *Laudanum* made up into two Pills with half a ſcruple of *Aſa Fœtida*.

If this ſuffice not, let a Clyſter of Sugar'd Milk be once injected.

Of the Dropſie.

This Diſeaſe is firſt known by the Pits or Impreſſion remaining in the lower parts of the Legs, after you have thruſt your Finger upon them, which appear conſpicuouſly at night, but vaniſh in the morning; eſpecially if this ſign be accompanied with a difficulty of Breathing; though women with Child, and ſuch as are troubled with a ſuppreſſion of their Courſes, and Men that are ſuddenly freed from an inveterate *Aſthma*, are alſo not unfrequently moleſted with Swellings of a like nature. The Feet and Legs being

being extremely ſwoln, the Waters ruſh into the *Abdomen*, and by degrees filling up its capacity, ſtretch it forth to the utmoſt, till at laſt falling upon ſome of the more noble Entrals, the ſick perſon is drowned. As the Bulk of the part affected increaſeth, the reſt do proportionably grow more and more ſlender. In the mean time there is a difficulty of Breathing, and little Urine is voided. This Diſeaſe commonly aſſaults Men when they grow old, and Women when they leave off Child bearing.

The principal Scopes of the Cure are, firſt to Evacuate the Waters, and then by the Reſtauration and ſtrengthning of the Blood, to prevent the new increaſe of the Waters.

Take of White-wine, four ounces; Jalap in fine powder, one dram; powder of Ginger, half a Scruple; Syrup of Buckthorn, one ounce; mix them for a Potion, to be taken early in the morning, and repeated every day, or every ſecond day, according to the ſtrength of the Patient, till the Swelling be abated. Or

Take of Tamarinds half an ounce, *Sena* Leaves two drams, Rhubarb a dram and an half: Boil them in a convenient quantity of water to three ounces; diſſolve in the ſtraining, of *Manna* and looſning Syrup of Roſes, of each one ounce; Syrup of Buckthorn, half an ounce; the Electuary of the juice of Roſes, three drams: mix them for a Potion, to be taken as above. Or

Take of the Pills *ex duobus*, one Scruple; *Elaterium*, three grains; Chymical Oil of Cloves, two drops. Make three Pills, to be taken early in the morning, and repeated as the occaſion ſhall require. Or

Take

Take of *Gambugia*, fifteen grains; White-wine, and Cichory-water, of each one ounce and an half; Syrup of Buckthorn, half an ounce: mix them for a potion, to be taken as above. Or

Take three handfuls of the inward Bark of the Elder; boil them in a quart of Milk and water equally mixt, to a pint. Let the patient take one half of the ſtrain'd liquor in the morning, and the other in the evening, every day, till he be reſtored to his health. But this Remedy is of no efficacy, but only in thoſe Bodies that are very eaſily moved by purging Medicines

Concerning the uſe of Purging in this Diſeaſe, three things are to be obſerved.

In the firſt place, conſider whether the Body of your Patient, is wont to yield eaſily or difficultly to purging Medicines. For one ounce of Syrup of Buckthorn being exhibited by it ſelf to ſuch as are eaſily wrought upon, will evacuate the Waters very copiouſly; whereas in others the ſtrongeſt Cathartics above preſcribed, will hardly produce the deſired effect.

Secondly, Such Purgatives as are of ſlow operation, do more miſchief than good, and therefore ſuch as work ſtrongly, and even too ſtrongly, are always to be preferred before theſe that are too weak.

Thirdly, The Waters ought to be evacuated with as much haſte, as the ſtrength of the Patient can poſſibly bear; leſt by interpoſing too long intervals between the ſeveral purgations, we give occaſion to the Waters to gather again.

There

There are ſome Caſes in which all purging Medicines, of whatſoever kind they be, may, and ought to be wholly omitted. For when the ſick perſon is of a weak conſtitution, or a Woman ſubject to Vapours, the Evacuation of the Waters is to be attempted only by Diuretics, or Medicines that provoke Urine, among which the moſt efficacious are thoſe that are compoſed of ſixivious Salts. For Example:

Take a pound of Brome aſhes, infuſe them cold in four pints of *Rheniſh* Wine, ſtrain the liquor through a piece of brown paper, of which let the Patient drink three ounces in the morning, at five in the afternoon, and at night, till the Humors be wholly evacuated. Which being performed, let ſuch Medicines as heat and ſtrengthen be exhibited, as for example:

Take the Roots of Horſe-Radiſh, Leaves of Garden-Scurvy-graſs, common Wormwood, and Sage, the tops of leſſer Centory and Brome: Infuſe them in ſtrong Ale for ordinary Drink, which alone doth ſometimes cure a beginning Dropſie, without the help of purging Medicines. Or preſcribe that which follows:

Take of the Conſerve of Garden-Scurvy-graſs, and of *Roman* Wormwood, of each one ounce; Extract of Gentian, of common Wormwood, and of leſſer Centory, of each three drams: With a ſufficient quantity of the Syrup of Citron Pill, make an Electuary. Doſe as much as a large Nutmeg, in the morning, at five a clock in the afternoon, and at night, drinking four ounces of the following Infuſion after it.

Take

Take of *Gentian* Roots one ounce, Brome-tops, and tops of leſſer Centory, and of common Wormwood, of each one handful; Seeds of Fennel and Parſley, of each two drams: Chop them ſmall, and pour upon them four pints of *Rheniſh* Wine; let them ſtand together in a cold Infuſion, and ſtrain out the Liquor when you uſe it.

Note, that during the uſe of theſe corroborating Medicines, you muſt in no wiſe purge the Patient.

Which ought alſo to be obſerv'd, when Lixivious Salts are exhibited, during the uſe of which it is alſo convenient to give corroborating or ſtrengthning Medicines.

Take of Horſe-Radiſh-roots three ounces, Leaves of Garden Scurvy-graſs, common Wormwood, and Sage, Brome tops, and tops of leſſer Centory, of each three handfuls; three Orenges ſlic'd. Infuſe them in ſix Gallons of ſtrong Ale, while it is fermenting. Make uſe of it for ordinary drink.

Of the CLAP, *or virulent* RUNNING *of the* REINS.

It begins with an unuſual pain of the Genitals, and a rolling of the Teſticles. If the Head, or Nut of the Yard be ſtill cover'd with the Foreskin, a ſpot like a Meaſle appears on the top of it, immediately after liquid matter, reſembling Sperm begins to drop out, which daily receding from the colour and conſiſtence of Seed, at length grows yellow, and of a more dilute colour than the Yolk of an Egg. In the Venereal

real Pox, that are risen to a higher degree of virulency, the same is green, and is mixt with a watry humour ting'd with Blood. The forementiond Wheal at length degenerates into an Ulcer, not unlike the Exulcerations in Children's Mouths, which dally eateth deeper and wider, the Orifice being beset with a *Callus*. Those that are circumcis'd, or have the Nut of the Yard stript bare, are not troubl'd with an Ulcer in that part, only with the *Gonorrhæa* or Running of the Reins. Presently a violent pain is felt in the Yard, as often as it is erected, especially in the night, when the sick Person is hot in his Bed, as if it were wrung hard with ones hand. The Yard is bowed by the contraction of the part called the Bridle. To these Signs may be added, scalding of the Urine, which is scarce perceptible while the Urine is coming forth, but after it is voided, there is a sense of burning through the whole *Urethra*, chiefly where it ends in the *Glans* or Nut of the Yard. Sometimes little Excrescences of Flesh hinder the passage of the Urine, and now and then there happens a pain and inflamation of the *Scrotum* or Cod.

Take of the Mass of the Pills *Cochiæ* the greater three drams, Extract of *Rudius* one dram, Rosin of *Jalap* and *Diagridium* (or prepar'd Scammony) of each half a dram, *Opobalsamum* as much as sufficeth. Make Pills, six out of every dram, of which let the Patient take four every morning, till the scalding of the Urine, and the yellow colour of the Seed-like matter be much abated. Afterwards let him take them every other day for two weeks together; and at the

the laſt twice a week, till the humor wholly ceaſe to drop out.

If the ſick Perſon cannot eaſily be mov'd by evacuating Medicines, you may now and then interpoſe the common purging Potion between the Doſes of Pills, adding to it of Syrup of Buckthorn, and the Electuary of the juice of Roſes, of each two drams; and if after all, the Cure do not ſucceed according to your deſire, you may exhibit *Turbith Mineral* to eight grains for a Doſe twice or thrice at the diſtance of four days; or inſtead of the *Turbith*.

Take of the Pills *ex duobus*, half a dram; *Mercurius dulcis*, one ſcruple: with a ſufficient quantity of *Opobalſamum*, make four pills, to be taken early in the morning.

If the patient utterly diſlike this method of purging, after he hath taken the pills that are firſt preſcrib'd, for three days together, let the following Clyſter be injected twice every day, namely, in the morning, and at five a clock in the the afternoon; but once or twice in a week the Clyſter muſt be omitted, and a purging Medicine preſcribed,

Take of the Electuary of the juice of Roſes ſix drams; *Venice* Turpentine diſſolv'd with the yolk of an Egg, half an ounce: diſſolve them in a pint of Barley water, and add to the ſtraining two ounces of the Syrup of Violets; mix them for a Clyſter.

Every night let him take 25 drops of *Opobalſamum*, or of Balſam of *Mecha* in a piece of Sugar; in a default of this, you may ſubſtitute Turpentine of *Cyprus*, to the quantity of a Filberd Nut.

Let

Let him uſe Milk and Water for ordinary Drink, and Small Beer at Meals.

Or you may follow this Method.

Take of the Pills *ex duobus*, half a dram; *Opobalſamum*, three drops: Make three Pills, which are to be taken at four in the morning, ſleeping after them, and repeated every ſecond or third day.

In the intermediate days, let the Clyſter before deſcrib'd be injected in the morning, and at five in the afternoon.

What method ſoever you follow, the Patient muſt be let Blood once or twice about the middle of the Cure. Preſcribe alſo a cooling and thickning Diet, and Medicines that are endu'd with the ſame Vertues, as Milk and Water, Emulſions of the cold Seeds, *&c.*

If the Yard be ſwoln,

Take of the Roots of Marſhmallows and Lillies, of each one ounce and an half; Leaves of Mallows, Perty Mullein, Elder, Henbane, Cammomil Flowers, Melilote Flowers, of each one handful; Linſeed, and Fenugreek Seed, of each half an ounce: Boil them in Spring-water for a Fomentation, which muſt be apply'd to the part affected, one whole hour, twice or thrice a day.

After Fomentation, anoint the part affected with Linſeed Oyl freſhly drawn, then ſpread a little of the Plaiſter of Mucilages upon Lambs Skin, and wrap about the ſwoln Lips of the Prepuce.

But if there be an Ulcer in the Lips of the Fore-skin, or in the *Glans* that lieth under them, preſcribe the following Liniment.

Take

Take of the Ointment *Basilicon*, six drams: Ointment of Tobacco, two drams; *Præcipitate* wash'd in Rose-water, and well lævigated, half a dram. Mix and make a Liniment. Let it be apply'd to the Sore upon scrapings of Linnen Cloth, always after Fomentation.

If the *Scrotum* or Cod be swoln, let a Vein be immediately open'd in the Arm, and the prescrib'd Fomentation apply'd to the part affected twice every day, adding to each Fomentation a spoonful or two of Spirit of *French* Wine, or instead of it, apply a Cataplasm of *Oxycrate* and Bean-Flower.

In the mean time the purging and cooling Medicines already describ'd, must be given inwardly.

Of the FRENCH POX.

When by the long continuance of a *Gonorrhœa*, or the undue use of astringent or binding Medicines, the Blood is corrupted; the Disease call'd the *French* Pox doth arise. Bubo's or malignant Botches appear in the Groin. The sick Person is afflicted with a pain in the Head, and in the spaces between the Joints, chiefly when he grows hot in his Bed; and divers parts of the Body are cover'd with a Scurf, which is of a yellow colour like a Honeycomb; and the more the Scab is diffus'd, so much the less he is tormented with pain. In the Skull, Legs and Arms, there are bony Excrescences, Inflamation and Rottenness of the Bones; and in divers parts eating Ulcers, which for the most part appear first in the Jaws, from whence

whence creeping by degrees through the Palat to the cartilaginous part of the Noſe, they quickly conſume it; and the Noſe being thus robb'd of its Prop, falls down flat. The Ulcers, Rottenneſs and Pain increaſing daily, the Members periſh by turns, till at the laſt the mangl'd Carcaſs, already grown burdenſom to the living, is buried out of ſight.

Take of Hogs-lard, two ounces; crude Quick-ſilver, one ounce: mix them for a Liniment, to be divided into three equal parts, with one of which let the Patient anoint his Arms and Legs, with his own hand, for three nights together.

If within three days after the laſt anointing, the Salivation doth not begin, let eight grains of *Turbith* Mineral be exhibited in Conſerve of Red Roſes, or (to thoſe that are leſs robuſt) one ſcruple of *Mercurius dulcis*. Alſo if the Salivation already begun, grow languid before the total diſappearing of the Symptoms, it muſt be quicken'd now and then with a like Doſe of *Mercurius dulcis*.

The Salivation ought to be ſo moderated, that the Patient may ſpit about four Pints in 24 hours.

But if it riſe too high, and be attended with too great an Inflamation, and other Symptoms of that nature, it ought to be repreſt with purging Medicines, and kept in a due degree of moderation.

Immediately after the diſappearing of the Symptoms, let the Patient's Shirt, and the Sheets of his Bed be changed, and others put on in their room, which muſt be ſuch as have been formerly uſed.

If

If the Patient be troubled with a *Diarrhæa* or Looſeneſs, (which for the moſt part happens before the Salivation be much advanced) it ought to be ſtop'd by the uſe of Liquid *Laudanum*, ſtill augmenting and repeating the Doſe, till it hath produced the deſired effect.

If the Mouth be ulcerated; let it be waſhed with Damask-Roſe-Water, or Milk and Water mixt, or with the following Decoction.

Take of Marſhmallow Roots, and cleans'd Barley, of each one ounce; Quince ſeeds, half an ounce: Boil them in a convenient quantity of water to a quart. Mix and make a Gargariſm, which ought to be frequently uſed.

Let the Diet and Government of the ſick Perſon be the ſame that is uſually preſcrib'd, when purging Medicines are exhibited; but during a few days in the beginning, let him make uſe of Poſſet, Barley and Oat-broths, and Small Beer warmed.

All theſe things being rightly performed (though there be no appearance of any Symptom left, and the Diſeaſe ſeem to be perfectly cured, yet) to ſecure the Patient from the danger of a Relapſe, let him once in a week take a ſcruple of *Mercurius dulcis*, repeating it four or ſix times, though he ſhould be well enough to walk abroad, and ſeem to be perfectly recover'd.

Of the Whites, or White Flux.

The Humour that flows out is ſometimes white, ſometimes pale, yellow, green or black-

iſh

iſh; It is ſometimes ſharp and corroſive, and ſometimes ſtinking and of a ſtrong ſmell. The Flux is accompanied with divers Symptoms, as Wanneſs of Face, a pain in the Back-bone, Want of Appetite, Swelling of the Hands and Feet. If that which comes forth be received upon a Clout; it will manifeſt the Humor that cauſes the Flux, after it hath been dried.

Let a Vein be open'd in the Arm, and eight ounces of Blood taken away.

Take of the Pills *Cochiæ* the greater two ſcruples, *Caſtoreum* two grains, Balſam of *Peru* three drops: make four Pills which are to be taken at four a Clock in the morning, ſleeping after them, and twice repeated every ſecond or third day, according to the ſtrength of the Patient.

Take of Rue water four ounces, compound Bryony water two ounces, Sugar-candy as much as is ſufficient: make a Julep, of which let her take three or four ſpoonfuls in every languiſhment. Afterwards let her uſe the Remedies that are here ſubjoyn'd.

Take of Treacle of *Andromachus* one ounce and an half, Conſerve of the yellow part of an Orenge two ounces, *Diſcordium* half an ounce, candy'd Ginger, and candy'd Nutmeg, of each three drams; Compound Powder of Crabs Claws, one dram and a half; the outward Rind of Pomgranates, Roots of *Spaniſh Angelica*, Red Coral prepar'd, and Troches of *Lemnian* Earth, of each one dram; Bole *Armenic*, two Scruples; Gum *Arabic*, half a dram: with a ſufficient quantity of Syrup of dry'd Roſes, make an Electuary, of which let her take the quantity of a large

large Nutmeg in the morning, at five in the afternoon, and at night, every day, for a whole month, drinking six Spoonfuls of the following Infusion after every Dose.

Take of the Roots of Elicampane, Masterwort, *Angelica*, *Calamus Aromaticus*, of each half an ounce, Leaves of *Roman* Wormwood, White Horehound, lesser Centaury, Common Calamint, and Sage dry'd, of each one handful; Juniper Berries one ounce: let them be chopt small, and infus'd in four Pints of *Canary* Wine: let them stand in a cold Infusion; strain it only when you use it.

Let her eat Meats of easie digestion, and abstain from all sorts of Pot-herbs, and Fruits; and at every Meal drink *Spanish* Wine.

Of the Diabetes.

The Juices that are brought into the Blood being crude and undigested, seek a passage forth through the Urinary Ducts, by which means the strength is by degrees wasted, the Body is melted or dissolved, and the substance of it in a manner drain'd out through this Kennel. This Disease is also attended with Thirst, burning Heat of the Bowels, Swelling of the Loins and Haunches, and frequent spitting of frothy Matter.

Prescribe the same things that are commended in the Chapter, *Of the Whites*, the Letting of Blood and Purging being only omitted.

Of

Of the Pain of the Hæmorrhoids.

The ſick Perſon is tormented with a moſt intenſe pain, when he voideth Excrements, the ſurface of which is always ſprinkl'd with Blood. Sometimes Tumours like Warts lurk inwardly in the Muſcle, call'd the *Sphincter*, or appear in the Brims of the Fundament.

Let ten ounces of Blood be taken out of the Right Arm.

Take of the Seeds of Melons and Pompions of each half an ounce; White Poppy Seeds, two drams; five ſweet Almonds ſhell'd. Beat them in a marble Mortar, pouring in gradually of Barley Water about a pint, Roſe Water two drams; fine white Sugar, as much as ſufficeth. Make an Emulſion according to Art, of which let the Patient take three ounces frequently.

Take of Flowers of Brimſtone, Powder of Liquoriſh, and Sage of each one dram: with a ſufficient quantity of *Lucatella*'s Balſam, make ſix Pills out of every dram, of which let him take 3 thrice a day, drinking ſix ſpoonfuls of the Emulſion after them.

Take of Frogs Sperm Water four ounces; diſſolve in it of Litharge, two drams; *Opium*, one ſcruple: Apply a Linnen Clout ſoak'd in a little of this mixture to the part affected; or if the Tumour lurk inwardly, inject three ſpoonfuls of the ſame mixture by way of a Clyſter.

Let the Patient make uſe of Water boil'd with Milk, or of Barley Water, for ordinary

Drink, and abſtain from Fleſh. Every night let him take *Diacodium.*

Of the immoderate Flux of the Hæmorrholds.

It is known by the decay of ſtrength, a long and copious Flux of Blood, foul colour of the Body tending to a Citron-colour, as in the Jaundice. It brings an evil Habit of Body, and afterwards the Dropſie.

The ſame things are profitable in this Caſe, that are preſcribed in the Chapter, *Of the immoderate Flux of the Courſes*, omitting only Purgation.

Of the Epilepſy *in Children.*

Children are uſually troubled with the Falling Sickneſs, either during the firſt Month, after a Looſneſs, (in which Caſe *Diacodium*, to the quantity of a Pepper Corn, diſſolv'd in Saxifrage Water, or the Mothers Milk, and exhibited, is a moſt excellent Remedy;) or about the time of their Breeding of Teeth, from the ſeventh to the tenth Month; it is accompany'd with a Cough, or (which is far worſe) with Vomiting and Looſneſs, the Infant voiding green Excrements, after the manner of Hyſterical Women. Sometimes the Fit comes ſuddenly, and unawares, diſtorting the Mouth and Eyes, overſpreading the Face with Blackneſs, and cauſing convulſive Motions in divers Limbs: And at other times the coming of it is ſignify'd beforehand, by the Contraction of the Fingers into the Fiſt, and a ſettled and unuſual unmoveableneſs of the

the Eyes. The Fits are ſometimes long, and ſometimes ſhort; ſometimes they return at ſet-times, and otherwhiles obſerve no certain period; but when Death is at hand, they come ſo thick,, that they ſeem to tread upon one anothers heels. If at any time they grant a Truce, the Child remains drowſie, and prone to ſleep till he be rous'd by a new Paroxſym.

Apply a Bliſtering Plaiſter as ſoon as may be to the hinder part of the Neck.

Take of *Langius* his Epileptic Water, three drams; Liquid *Laudanum* one, two, or more drops, according to the Age of the Child; Syrup of Peony, one dram: mix them for a Draught, which muſt be inſtantly exhibited.

Take of Rue Water, three ounces; *Langius* his Epileptic Water, and compound Briony Water, of each one ounce; Syrup of Clove Gilliflowers half an ounce: mix and make a Julep, of which give a ſpoonful every hour, if the Draught already preſcrib'd hath not diſcuſt the Paroxyſm.

Of the Rickets truly ſo called.

It is known by the Looſeneſs, Softneſs, Feebleneſs, Languiſhment, Lazineſs, Dulneſs and unequal nouriſhment of the parts of the Body, *viz.* the Head is bigger than is meet, the Face fuller and more florid, the fleſhy parts under the Head pine away, the Joints are poſſeſt with knotty Protuberances, chiefly the Wriſts, but the Ancles not ſo much, the Bones are bowed, eſpecially thoſe of the Legs, and next to them thoſe of

the Cubit between the Elbow and Wriſt, ſometimes alſo the Shoulder and Thigh bones: the Teeth come forth ſlowly and with pain, they are looſe, black and fall out, the Breaſt is narrow towards the ſides, and high and ſharp before. Other ſigns are a ſtuffing of the *Abdomen* or Paunch, diſtenſion of the *Hypochondria*, or places under the ſhort Ribs, Coughing, faultineſs of the Lungs; and an averſneſs from lying on one ſide, which happens to be ſometimes the Right ſide, and otherwhiles the left.

Take of the Leaves of common Wormwood, leſſer Centory, White Hore-hound, Germainder, *Scordium*, Common Calamint, Feverfew, Meadow Saxifrage, *St. Johns* Wort, Golden Rod, wild Time, Mint, Sage, Rue, *Cardum Benedictus*, Penny-royal, Southern-wood, Camomil, Tanſy, and Lilly of the Valley, all freſhly gather'd and chopt, of each one handful; Hogs Lard four pounds, Sheeps Tallow two pound, Claret Wine a quart. Let them ſtand twelve hours ſoaking on hot Aſhes in an earthen Veſſel, then boil away the moiſture and afterwards ſtrain them for a Liniment, with which anoint the Belly, and the parts under the ſhort Ribs, and alſo the Limbs every morning and evening, for thirty or forty days, or till the Child recover.

Take of each of the preſcrib'd Ingredients two handfuls, infuſe them cold in four Gallons of Ale, for ordinary drink.

When Tumours poſſeſs the Bellies of Children, caus'd by exceſſive Evacuations,

Let the Blood and Bowels be ſtrengthned with corroborating Herbs, as in the Rickets (propet

(properly so called); Only let the Armpits be also anointed on both sides, but not the Limbs.

Of Fevers caus'd by the Breeding of Teeth.

Let two, three, or four Drops of Spirit of Hartshorn, according to the Age of the Child, be exhibited every four hours in a spoonful or two of Black-Cherry water, or some other convenient Julep, repeating it four or six times.

Of the Hectic Fever in Children.

They languish with a notable Heat, and Dejection of Appetite; the Trunk of the Body, and the Limbs are extenuated.

Put two drams of Rheubarb slic'd into a Glass Bottle capable of containing a Quart of Small Beer, for ordinary Drink: and after it is drunk up, pour upon the same Rheubarb another Quart of Beer, and so a third time.

But if the Drink be too strongly impregnated with a Purgative Vertue, after one pint is drunk up, let another be immediately added to that which remains.

Of Bleeding at the Nose.

It is attended with Pain and Heat in the Forepart of the Head.

Let a Vein be frequently opened in the Arm and a cooling and thickening Diet injoin'd. Prescribe also cooling and thickening Juleps, and cooling Emulsions.

the Cubit between the Elbow and Wriſt, ſometimes alſo the Shoulder and Thigh bones: the Teeth come forth ſlowly and with pain, they are looſe, black and fall out, the Breaſt is narrow towards the ſides, and high and ſharp before. Other ſigns are a ſtuffing of the *Abdomen* or Paunch, diſtenſion of the *Hypochondria*, or places under the ſhort Ribs, Coughing, faultineſs of the Lungs; and an averſneſs from lying on one ſide, which happens to be ſometimes the Right ſide, and otherwhiles the left.

Take of the Leaves of common Wormwood, leſſer Centory, White Hore-hound, Germainder, *Scordium*, Common Calamint, Feverfew, Meadow Saxifrage, St. *Johns* Wort, Golden Rod, wild Time, Mint, Sage, Rue, *Cardum Benedictus*, Penny-royal, Southern-wood, Camomil, Tanſy, and Lilly of the Valley, all freſhly gather'd and chopt, of each one handful; Hogs Lard four pounds, Sheeps Tallow two pound, Claret Wine a quart. Let them ſtand twelve hours ſoaking on hot Aſhes in an earthen Veſſel, then boil away the moiſture and afterwards ſtrain them for a Liniment, with which anoint the Belly, and the parts under the ſhort Ribs, and alſo the Limbs every morning and evening, for thirty or forty days, or till the Child recover.

Take of each of the preſcrib'd Ingredients two handfuls, infuſe them cold in four Gallons of Ale, for ordinary drink.

When Tumours poſſeſs the Bellies of Children, caus'd by exceſſive Evacuations,

Let the Blood and Bowels be ſtrengthned with corroborating Herbs, as in the Rickets (propetly

(properly ſo called); Only let the Armpits be alſo anointed on both ſides, but not the Limbs.

Of Fevers caus'd by the Breeding of Teeth.

Let two, three, or four Drops of Spirit of Hartſhorn, according to the Age of the Child, be exhibited every four hours in a ſpoonful or two of Black-Cherry water, or ſome other convenient Julep, repeating it four or ſix times.

Of the Hectic Fever in Children.

They languiſh with a notable Heat, and Dejection of Appetite; the Trunk of the Body, and the Limbs are extenuated.

Put two drams of Rheubarb ſlic'd into a Glaſs Bottle capable of containing a Quart of Small Beer, for ordinary Drink: and after it is drunk up, pour upon the ſame Rheubarb another Quart of Beer, and ſo a third time.

But if the Drink be too ſtrongly impregnated with a Purgative Vertue, after one pint is drunk up, let another be immediately added to that which remains.

Of Bleeding at the Noſe.

It is attended with Pain and Heat in the Forepart of the Head.

Let a Vein be frequently opened in the Arm and a cooling and thickening Diet injoin'd. Preſcribe alſo cooling and thickening Juleps, and cooling Emulſions.

Let a cooling Clyſter be injected every day, and a compoſing Draught of Syrup of *Meconium* exhibited every night, and preſcribe the common purging Potion to be taken once or twice.

Dip a piece of Linnen Cloth four times doubl'd in cold water, in which *Sal Prunellæ* hath been diſſolv'd; and ſqueezing it a little, apply it to the Neck behind and on both ſides, oftentimes in a day.

After the Evacuations, apply the following Liquor.

Take of *Hungarian* Vitriol, and Allum, of each one ounce; Flegm of Vitriol half a pound; Boil them till the whole be diſſolv'd, then ſuffer the Liquor to grow cold; ſtrain it through Brown Paper, and ſeparating it from the Cryſtals that now and then ariſe, add to the remaining Liquor a twelfth part of Oil of Vitriol: Or rather,

Take of Plantane Water, four ounces; Bole *Armeniac* in fine Powder, half an ounce: mix them thoroughly. Dip a Tent made of the ſcrapings of Linnen in this Liquor, and put it into the Noſtril out of which the Blood flows, where let it remain two days.

If theſe things do not prevail, diſſolve *Roman* Vitriol in common Water, and dipping a Tent in the ſolution, put it into the Noſe. Clouts dipt in this Liquor, and apply'd, do alſo ſtay Bleeding in any of the external parts.

Of the Green-Sickneſs.

The ſigns of this Diſeaſe are theſe: Ill colour

lour of Face, and of the whole Body, Swellings in the Face, Eye-lids and Ankles, Heavineſs of the whole Body, a ſtretching wearineſs of the Legs and Feet, difficult Breathing, Feveriſh Pulſe, Sleepineſs, *Pica* or longing for things that ought not to be eaten, and ſtoppage of the Courſes.

Let the Patient take the Chalybeat Pills or Powder, preſcrib'd in the Chapter, *Of the Hyſterical Paſſion*, more or leſs, according to her Age, drinking after them a Draught of any ſort of Wine that ſhe pleaſeth, or of the corroborating Infuſion of the Roots of *Angelica* there deſcrib'd. If ſhe be not very weak, purge her once or twice, before ſhe enter into this Courſe.

Of Suppreſſion of the Terms.

They loath Meat, the Face is diſcolour'd, the whole Body is heavy, the Forepart of the Head, Loins, Legs, and Lower Belly, are pain'd, and the Feet are ſwoln.

Preſcribe the ſame Remedies that are commended in the Chapter, *Of the Hyſterical Paſſion*; but if theſe will not prevail, proceed thus:

Every morning, and at four a Clock in the Afternoon, give five ſpoonfuls of the Hyſterical Julep without *Caſtoreum*, with twelve drops of Spirit of Harts-horn, and every night at her going to Bed, let her take one ſcruple of the Troches of Myrrh, made into a *Bolus*, or Pills with Syrup of Mugwort.

Of Vomiting or Spitting of Blood.

Spitting of Blood is accompany'd with a pain and Heat in the Breaſt, and a certain Feebleneſs.

Let ten ounces of Blood be taken out of the Right Arm. The next morning let the Patient take the common purging Potion, and the ſame night a compoſing Draught, of three ounces of Black-cherry Water, and one ounce of Syrup of *Meconium*.

Then let him uſe the following Remedies.

Take of Bole-*Armeniac*, one ounce; Powder of Comfry Roots, two drams; ſeal'd Earth, Blood-ſtone, and Dragons Blood, of each one dram; fine white Sugar the weight of all the reſt: mix them, and make a fine powder, of which let him take one dram in the morning, at five a clock in the afternoon, and at night, drinking four ounces of the following *Apozem* after it.

Take of the Leaves of Plantane, wild Bramble Buſh, and Yarrow, of each one handful. Boil them in a convenient quantity of Water to a pint and an half: in the ſtraining diſſolve two ounces of ſyrup of Comfry: mix and make an *Apozem*; or let him take ſix ſpoonfuls of the following Tincture.

Take of Red Roſe Flowers, ſix drams, the inner Bark of an Oak, half an ounce; Plantane Seeds ſomewhat bruis'd, three drams; Spring Water, one quart: Spirit of Vitriol, as much as ſufficeth to give the whole a pleaſant ſharpneſs.

neſs. Infuſe them four hours in a cloſe Veſſel with a gentle Heat: To the ſtraining, add three ounces of Barley Cinnamon Water, and as much fine white Sugar as is ſufficient to make it pleaſant to taſte.

If the Patient have an averſion againſt Powders, let him uſe the Electuary preſcribed in the Chapter, *Of the Immoderate Flux of the Terms.*

Preſcribe a Clyſter to be injected every day, and *Diacodium* to be taken at night.

Moreover the patient muſt be let Blood again once, twice or thrice, according to the neceſſity of his condition, ſome days being Interpoſed. Alſo, if need be, let him once again repeat the purging Potion.

And obſerve a cooling and thickning Diet.

Of the Pricking of a Tendon.

A watery Humour or thin Gleet does perpetually drop out of the Orifice of the Vein that is cut.

Take of White Lilly Roots boil'd in Cows Milk till they grow tender, and beaten, four ounces; Lin-ſeed flower and Oat flower, of each three drams: Boil them to the conſiſtence of a Cataplaſm, in the ſame Milk in which the Roots were boil'd. Apply it to the part affected, every morning and evening.

Of Burning.

Foment the part affected with Clouts dipt in Spirit of Wine, till the pain be aſſwag'd; then dip the Clout again, and apply it three or four times in a day to the part affected

Of Common Madneſs.

This Diſeaſe proceedeth from a too vivid and exalted Conſtitution of the Blood. There is alſo another ſort of Madneſs that comes after long intermitting Fevers, and at length degenerates into Folly, which is cauſed by the Weakneſs and Flatneſs of the Blood, proceeding from its long Fermentation. You muſt therefore preſcribe high Cordials, ſuch as Treacle of *Andromachus*, the Electuary *de ovo*, the Counteſſes Powder, Sir *Walter Rawleigh's* Powder; in Plague Water, Treacle Water, or ſome other convenient Vehicle. And injoin a Reſtorative Diet.

In young Perſons, let a Vein be opened in the Arm, and eight or nine ounces of Blood taken away, twice or thrice, every fourth day.

Then let the Jugular Veins be once opened. After which the whole Cure depends upon the uſe of the following purging Medicine, which muſt be given every third or fourth day while the Diſeaſe laſts; But in the mean time it is to be obſerved, that after the Patient hath been purg'd eight or ten times, the exhibition of the Evacuating Medicine muſt be omitted for a Week or two.

Take

Take of the Domeſtic Medicine (that is White Bryony Roots) in powder, one dram; Cows Milk four ounces: Or

Take of the ſame Roots half an ounce, or ſix drams; White Wine four ounces: Infuſe them a whole night. In the ſtrained Liquor diſſolve one ounce of Syrup of Violets. Mix them for a Potion. Or,

Take of *Gambugia* 14 grains; Black-cherry water three ounces, Syrup of Clove-gilliflowers half an ounce: make a Potion.

Of Contuſions or Bruiſes.

Let a Vein in the Arm of the ſide that is moſt affected be open'd, and ten ounces of Blood taken away. The next morning exhibit the common purging Potion; and thenceforward in like manner repeat Blood-letting and Purgation by turns, till the Patient recover. In the mean while, if the inward parts are hurt, let him uſe the following Remedies during the whole progreſs of the Cure

Take of the pectoral Decoction a pint and an half, Syrup of Violets, and of Maiden-hair, of each two ounces: Mix them for an *Apozem*, of which let him take half a pint thrice a day. Exhibit alſo frequently a Spoonful of Oil of Sweet Almonds newly drawn.

Take of Oil of Sweet Almonds, the Ointment *Dialthææ* and Pomate, of each one ounce: Mix them for a Liniment, with which anoint the part affected, morning and evening, laying over it a Cabbage Leaf.

Of

Of the Scurf or Scales in the Head.

Let the Common purging potion be twice exhibited. Then

Take of Oil of bitter Almonds, Oil of Laurel, the Aſhes of Sothernwood leaves, of each one ounce: Mix them throughly for a Liniment, with which anoint the whole Head every night, rubbing it in diligently, and then cover it with a Sow's Bladder.

But firſt let all the Hair be cut off, and afterwards rub off the Scales by degrees, every morning, according as they are ready to fall away.

Of the Biting of a Mad Dog.

After 40 Days or more, the Signs of Melancholy appear: a Fever, Thirſt, *Hydrophobia*, or the Fear of Water, and at length Convulſions of the extreme Parts.

Take of Spirit of Wine highly rectified, four ounces; Treacle of *Andromachus*, one ounce, make a mixture, with which anoint the part that is hurt, thrice every day, laying over it a Clout dipt in the ſame mixture.

Of Ulcers in the Bladder.

Stinking Matter is voided, or Blood, and ſometimes Scales, or membranous Skins, and as it were ſcurfy Cruſts like Bran; whereas when the Ulcer is in the Reins, pieces of Fleſh (which ſometimes are very big) are voided with the Urine.

Urine. There is also a perpetual difficulty in making of Urine, and continual pain in those parts: But in an Ulcer of the Reins, the difficulty in making of Urine, and the pain come by Fits, and there are some Intervals of ease; the Matter also that comes from the Reins is more abundant, white, thin, and not stinking, the Urine is voided like Milk, but after it hath stood long, the Matter being separated, falls to the bottom.

Take of the plaister call'd *Flos Unguenti*, a dram and an half: make nine pills, of which let the patient take three at the physical hours, (*viz.* at eight a clock in the morning, and five in the afternoon) drinking six spoonfuls of the following Water after them.

Take of the Roots of Comfrey, Fennel, Birthwort, and Avens, of each three ounces; Leaves of Agrimony, St. *Johns* Wort, Bugle, Sanicle and Plantane, of each six handfuls; chop them small, and distil them in White-wine and Milk, of each four pints. Draw off only four pints for your use.

Take of the powder of Comfrey Roots, and Gum *Arabic*, of each one ounce; Sugar of Penides, two ounces: make a powder, of which let the Patient take a spoonful twice a day.

Of an Asthma, *or Difficulty of Breathing, in Persons of a Sanguine Constitution.*

Of this Disease there are three kinds. *Dyspnæa*, which is a difficult Breathing, in which the Breath is drawn often and thick, without noise or ratling, a rising from the stuffing of the Lungs.

Asthma

Asthma, or a great and frequent Breathing, in which the *Diaphragma* or Midriff, and intercostal Muscles, as also the Muscles of the *Abdomen* are violently mov'd, with a ratling noise and wheesing. In the former kind the substance of the Lungs, in the latter the *Bronchia*, or Gristles are stopp'd. And *Orthopnæa*, which is the greatest difficulty of Breathing, in which the sick person cannot breath but sitting, and with his Neck stretch'd upright; the Muscles also of the Breast and Shoulders are vehemently agitated.

Let ten ounces of Blood be taken from the Right Arm, and the next day let the Patient take the common purging Potion, and repeat the same once every third day to two other Doses.

In the intermediate Days let him proceed thus:

Take two drams of Anniseed in fine powder, and with a sufficient quantity of *Lucatella*'s Balsam make twelve Pills, of which let him take three in the morning, and at five a Clock in the afternoon, drinking after them four ounces of the bitter Decoction, without the purging Ingredients, warm.

If the Symptoms still remain, let the whole Process be iterated afresh.

Of the Palsy.

Both the Faculties of Sense and Motion, or either of them singly, are intirely lost, or at least diminished and vitiated in the parts affected.

Take

Take of the Pills *Cochiæ* the leſs, two ſcruples; let them be exhibited ſix times every other morning: And afterwards let the Patient take the Antiſcorbutic Electuary, thrice a day for thirty days together. See the Chapter, *Of the Scurvy.*

Take of the Unguent call'd *Nervinum*, three ounces; compound Spirit of Lavender, and Spirit of Garden-Scurvy-Graſs, of each an ounce and an half; with which anoint the parts affected, as the Back-bone, *&c.* every morning and evening.

The moſt part of the Remedies there preſcribed, though they ſeem to be only adapted for the Cure of the Scurvy: yet foraſmuch as they are peculiarly qualify'd to volatilize crude and fixt Humours, they are alſo good againſt the Palſy.

Of the Cough and Phthiſis, *or Conſumption.*

The Cough is evident of it ſelf. As for the Conſumption it is to be obſerved, that People are obnoxious to it from eighteen to thirty five years. The Signs of it are theſe: An Hectic Fever, which is augmented after Meat (as appears by the quickneſs of the Pulſe, and Redneſs of the Cheeks;) the Matter that is ſpit forth with Coughing is bloody or purulent (that is, mixt with Quittor,) being caſt into the Fire, it ſendeth forth a noiſom Smell; and if it be put into a Veſſel full of Water, it ſinks to the bottom: Sweating at Night, Blueneſs of the Cheeks, Paleneſs of Face, and Sharpneſs of the Noſtrils. And the ſinking of the Temples, crooked-

crookedneſs of the Nails, falling off of the Hair and melting Flux of the Belly, are the immediate Forerunners of Death.

When the Cough is of no long ſtanding, nor is yet accompany'd with a Fever, or other Signs of a Baſtard *Peripneumonia*, nor came after a Pleuriſy or *Peripnuemonia*, for want of ſufficient Blood-letting, in ſuch a Caſe it will be ſufficient to caution the patient againſt the uſe of Wine or Fleſh for ſome days, and to preſcribe theſe or the like Remedies to be uſed by him at pleaſure.

Let him take ten drops of Balſam of *Sulphur* aniſated, in a ſpoonful of Sugar candy, twice or thrice every day, and frequently eat one of the following Tablets, which he ought always to carry about him.

Take a pound and an half of Sugar-candy; boil it in a convenient quantity of Spring Water, till it ſtick to the ends of your Fingers: then add to it, of the powder of Liquoriſh, Elicampane, Anniſeed, *Angelica*-Seeds, of each half an ounce; Powder of Flower-de-luce of *Florence*, and Brimſtone, of each two drams; Chymical Oil of Anniſeed, two ſcruples. Make Tablets according to Art, which may be called Domeſtic Lozenges. And in the mean time let the Patient uſe the following lambitive Medicine.

Take of Oil of Sweet Almonds, two ounces; Syrup of Maiden-hair and Violets, of each one ounce; Sugar-candy as much as ſufficeth to make a *Lohoch*; let the Patient lick thereof with a Liquoriſh Stick, when the Cough ſurprizeth him.

In

In a thin Defluxion, you may preſcribe thickning *Lohochs*.

But if the Cough yield not to theſe Remedies, (more eſpecially if it be attended with a Fever, or came after a Pleuriſy or Inflamation of the Lungs) in that caſe it will be to no purpoſe to rely upon pectoral Medicines, foraſmuch as the Cure muſt be wrought by Blood-letting and Purging, according to the method deſcribed in the Chapter, *Of the Baſtard* Peripneumonia.

If after all, the Cough do not only continue to moleſt the Patient, but by long and Violent concuſſion of the Lungs, hath exceedingly weaken'd them, and thereby introduced a *Pthiſis* or Conſumption, you muſt proceed thus:

Pour ten drops of Balſam of *Peru* into a ſpoonful of Syrup of Ground-Ivy, or (if the Patient diſlike that) of Sugar-candy; and let him take it thrice a day, drinking after it four ounces of the bitter Decoction, prepared without the purging Ingredients, or if that doth occaſion a Looſeneſs of his Belly, let him diminiſh the Doſe to three ounces.

But of all the Remedies that hitherto have been invented, the moſt excellent and efficacious, is for the Patient to take long and far Journeys on Horſe back. It is moreover to be obſerved, that Men, or ſuch as have already paſt the Years of their Youth, muſt ſpend more time in this exerciſe, than if they were Boys or Young-men. And, truly, the *Peruvian* Bark is not a much more certain Remedy

for

for intermitting Fevers, than, in this Age, Riding is for a Consumption.

Of the Scurvy.

It is attended with Heavineſs of Body, Wearineſs that comes of it ſelf, or without any precedent Cauſe; difficult Breathing, eſpecially, after Exerciſe; Rottenneſs of the Gums; ſtinking Breath; often Bleeding at the Noſe; difficulty and uneaſineſs in Walking; and (which is a conſtant Symptom of this Diſeaſe) Spots in the Legs, which are Black and blue, yellow, or of a lead or violet colour, the Legs in the mean time being ſometimes ſwoln, and ſometimes extenuated, and the Face of a colour between pale and tawny.

Let a Vein be opened in the Arm, and eight ounces of Blood taken away, if no Signs of a Dropſie appear.

The next morning exhibit the common purging Potion, and again a ſecond and third time, every third day.

In the intermediate Days, let the Patient take the following Remedies, and continue the uſe of them for a month or two afterwards.

Take of Conſerve of Garden-Scurvy-graſs, two ounces; Conſerve of Wood-ſorrel, one ounce, compound Powder of *Aron*, ſix drams; Syrup of Orenges, as much as ſufficeth to make an Electuary, of which let him take the quantity of a large Nutmeg, in the morning, at five a clock in the afternoon, and at night, drinking after it ſix

ſpoonfuls

ſpoonfuls of compound Radiſh water, or of that which follows.

Take of Raſpings of Horſe-Radiſh Roots two pounds; *Aron* Roots, one pound; Leaves of Garden-Scurvy-graſs, twelve handfuls; Leaves of Mint, Sage, Water-creſſes, and Brook-lime, of each ſix handfuls; Seeds of Garden-Scurvy-Graſs a little beaten, half a pound; Nutmegs, half an ounce; White-wine, twelve pints: Diſtil them in a common Still, and draw off only ſix pints for your uſe.

Or diſtil the freſh Leaves of Garden-Scurvy-Graſs by it ſelf, for the ſame uſe.

Moreover, let the patient make uſe of the following, Beer for ordinary Drink.

Take of the freſh Roots of Horſe-Radiſh ſlic'd, two drams; twelve Leaves of Garden-Scurvy-Graſs; ſix Raiſins ſtond; and the half of an Orenge ſlic'd. Put them altogether into a Glaſs-bottle capable of containing a Quart of Small Beer, and ſtop it immediately with a Cork.

After the manner that is here deſcribed, prepare at the ſame time ſix bottles for your uſe, and after ſome days, ſix more, before the firſt be quite ſpent, and ſo onward.

Or,

Inſtead of the Beer, you may add three or four ſpoonfuls of the following mixture, to every draught of your ordinary Drink.

Take of the Roots of Horſe-Radiſh, and Seeds of Garden-Scurvy Graſs, of each half an ounce; Leaves of Garden Scurvy Graſs, two handfuls; the pulp of an Orenge, Beat them together in a marble Mortar, pouring in by degrees

grees half a pint of White-wine. Strain them, and ſqueeze them a little; and reſerve the Liquor for your uſe.

The ſame Remedies are alſo of excellent uſe in the Scorbutic, or Hyſterical Rheumatism; only the letting of Blood, and purging, muſt be omitted.

Short

Short and uſeful Notes on Dr. Sydenham's *Method of Curing Diſeaſes.*

By a late learned Phyſician.

Of Intermitting Fevers.

IF the Fever return, after the uſe of the *Peruvian* Bark has been four times repeated; Dr. *Sydenham* preſcribes *Canary*-Wine to be us'd for ordinary Drink, and finds this Method to be ſucceſsful.

Of the continual burning Fever.

In all continual burning Fevers, after the Patient has been two or three times let Blood and Purg'd by turns; the Doctor gives Narcotic or quieting Medicines every Night, in the beginning of the Diſeaſe, before it come to an heighth, not neglecting in the mean time the uſe of cooling Medicines.

A more Compendios Way of Curing the Hysteric Passion.

Take two ounces of Filings of Steel reduc'd to fine Powder; and with a sufficient quantity of Extract of Wormwood, make Pills, twelve out of every dram; of which the Patient must take three every morning, and at four a Clock in the afternoon, for thirty days, drinking after every Dose six spoonfuls of the following Julep.

Take of Milk-water, six ounces; Compound *Gentian*-water, two ounces, Wormwood water of the greater composition, one ounce, refin'd Sugar as much as is sufficient. Make a Julep.

Take of Rue-water four ounces, compound Briony water two ounces, Tincture of *Castoreum* three drams; and with a sufficient quantity of fine Sugar make a Julep, of which let the Patient take three spoonfuls every night.

Of a Disease resembling the Dropsy.

There is a certain swelling of the *Abdomen*, that resembles a Tympany, but is only an effect of a windy Hysterical Passion: In this Case you must never prescribe Medicines that expel watery Humors powerfully; but after the Patient has been let blood and twice purg'd, the use of Steel continu'd for a whole Month is of admirable efficacy.

Of the use of Chalybeat Medicines.

Whatsoever the Disease be, for which Chalybeat

lybeat Medicines are preſcrib'd, if they trouble the Patient's Stomach, or heat his Blood, let him drink purging Mineral Waters, and take ſome gentle Medicine, which muſt be given in a moderate Doſe, and repeated as there ſhall be occaſion.

An Excellent Purging Medicine for the Dropſy.

Take of the Pills *Cochiæ* the leſs half a ſcruple; *Gambugia* ſeven grains; *Elaterium* four grains: And with a ſufficient quantity of Syrup of Buck-thorn make four Pills, which are to be taken twice or thrice every week, according to the ſtrength of the Patient.

Of Suppreſſion of the Loches or Child-Bed Purgations.

Whatever Doctor *Sydenham* has writ againſt the uſe of *Laudanum* in this Diſeaſe; he has ſince learn'd from longer Experience, that after all other Remedies have been try'd in vain, this is the ſureſt and laſt Refuge. For, though at the firſt it may ſeem to hinder the flowing of theſe purgations, yet after a few days, it brings them forth plentifully, before the Patient be ſeiz'd with more grievous Symptoms.

Of Fluxes of the Belly.

In all Fluxes of the Belly, and other Immoderate Evacuations, he commits the whole buſineſs of the Cure to liquid *Laudanum*, which he exhibits every two hours from five to fifteen

or

or twenty Drops; augmenting the Doſe gradually; according as the Flux, or Inclination to ſleep is more or leſs urgent. And therefore he omits the uſe of Purgatives, and of all other Medicines whatſoever.

Of the Diabetes.

Take of the *Peruvian* Bark in fine powder ſix drams; Filings of Steel two drams; with a ſufficient quantity of Syrup of Comfrey, make an Electuary to be divided into twelve equal parts, of which one muſt be taken every ſix hours, drinking after it ſix ſpoonfuls of the following Julep.

Take *Canary*-Wine four ounces, Milk-water five ounces, Water of Oak-buds two ounces, Syrup of dry'd Roſes one ounce, liquid *Laudanum* thirty drops: mix and make a Julep.

Beware that the *Laudanum* that you uſe be not Tartariſated, for Salt of Tartar is Diuretic.

FINIS.

Abſtracts of certain Treatiſes written by Dr. Sydenham, *concerning ſome of the moſt common and obſtinate Diſeaſes.*

I. *Concerning the* Pleuriſy.

THe Pleuriſy is one of the moſt common Diſeaſes with which Mankind is afflicted. No Time nor Seaſon can exempt People from its attacks; but it reigns moſt commonly about the end of the Spring, or the beginning of the Summer. They that are of a Sanguin Conſtitution are moſt infeſted by it; and it often ſeizes on thoſe whoſe Bodies are harden'd with Labor.

It begins uſually with Chilneſs and Shivering, which are quickly follow'd by Heat, Thirſt, Unquietneſs and other Symptoms of a Fever, which are but too well known After a few hours, the ſick Perſons are taken with a vehement pricking pain in one of their ſides; which reaches ſometimes toward the Shoulders, ſometimes toward the Back, and at other times is extended forwards to the Breaſt. They are alſo almoſt perpetually troubl'd with a tormenting Cough. The matter that is ſpit forth is at the firſt thin, and in little quantity, and intermix'd with particles of Blood; afterwards in the Progreſs of the Diſeaſe, it is more copious, and better concocted, but ſtill mixt with blood. The Fever in the mean time keeps pace with the Pain

and Cough, and ſometimes is heighten'd by the Symptoms that are produc'd by it. At length the Fever with all its fatal Attendants, is by degrees mitigated, as the matter that cauſes it is freely rais'd and caſt forth. But every Patient does not eſcape ſo eaſily, nor does the expectoration grow ſtill freer in the progreſs of the Diſtemper; for ſometimes the matter that is ſpit forth then, is as thin and in as little quantity as at the beginning; in which caſe the Fever never remits till it ends in the Death of the Patient. Some are too coſtive, whereas others are troubl'd with a Looſeneſs, the Excrements being very liquid. Sometimes by reaſon of the violence of the Diſeaſe, and the neglect of Bleeding, the Patient is not able to Cough; but being tormented with an intolerable ſhortneſs of Breath, is almoſt ſuffocated by the ſtrength of the Inflamation, which is ſometimes ſo great that the Breaſt cannot be ſufficiently dilated for breathing, without extream pain. Sometimes alſo when a Vein is not open'd in the beginning of the Diſeaſe, the Inflamation ends in an Abſceſs, and the matter falls into the Cavity of the *Thorax*; in which caſe, tho the Fever either wholly ceaſes, or at the leaſt grows milder, yet the danger is not over, but the Patient being waſted by an *Empyema*, and Hectic Fever, ends his miſerable Life by a Conſumption.

Though the Pleuriſy is it ſelf a peculiar kind of Fever, when it is an Original Diſtemper, yet it often follows after other Fevers, and that indifferently after all ſorts of Fevers, by Precipitation of the Febrile Matter upon the *Pleura* and the Muſcles between the Ribs. And this happens

happens at the very beginning of a Fever, while the matter that cauſes it being yet crude and undigeſted, is not ſufficiently prepar'd for ſeparation through more convenient Paſſages. Theſe misfortunes are moſt frequently occaſion'd by the undue and ill-tim'd uſe of hot Medicines, ſuch as are wont to be exhibited by ſome Ladies, who might employ their Charity better in feeding the Poor, than in adminiſtring Phyſic to them. And among other aſſiſting Cauſes, we may reckon the Age and Conſtitution of the patient, and the ſeaſon of the year, namely, between the Spring and Summer: For 'tis certain that Fevers that happen about that time, are apt to degenerate into Pleuriſies.

The colour of the Blood that is taken out of the Veins, ſeems to confirm our *Aſſertion*, that this Diſeaſe is caus'd by the precipitation of the Febrile matter. For the Blood, at leaſt that which is extracted after the firſt Blood-letting, being cool'd, reſembles melted Tallow, and its Surface is like that of *Pus* or Quittor, tho it be very different from it, as conſiſting of Fibres as well as the reſt of the Blood, nor does it flow like *Pus*, but this diſcolour'd part being ſeparated from the reſt, reſembles a Tough, and Fibrous Film: and perhaps 'tis only the fibres of the Blood, depriv'd by precipitation of their natural Redneſs, that are thus condens'd by the cold Air into a Whitiſh Membrane. I have often obſerv'd that the Blood that does not guſh out in a full Stream, but runs along the Skin, tho never ſo ſwiftly, appears not of that Colour, nor does the Patient receive ſo much eaſe by this way of Bleeding, as by the other; and

therefore when a Vein is open'd, the Orifice ought always to be made of a due Wideneſs.

But whatever the colour of the Blood be, this infamous and truly dangerous Diſeaſe, if the Cure be skilfully manag'd, may be eaſily overcome; and the Phyſician may expect as certain and conſtant Succeſs in this Caſe, as in any other.

The Cure depends wholly on Bleeding; and therefore aſſoon as I am call'd to viſit a Patient that is ſick of the Pleuriſie, I order about ten ounces of Blood to be taken from the Arm, of the ſide where the pain is felt, and the following Potion to be drunk immediately after the firſt Bleeding, *Take of Corn-Poppy Water four ounces, Sal Pruenellæ a dram, Syrup of Violets an ounce, mix them for a draught.* Alſo, *Take ſeven Sweet Almonds, Melon ſeeds and Pompion ſeeds, of each half an ounce, White Poppy Seeds two drams; beat them together in a Marble mortar, pouring in gradually, a pint and an half of Barley Water, two ounces of Roſe water and half an ounce of Sugar-candy, mix and make an Emulſion*; of which let the Patient take four ounces every four hours. I preſcribe alſo Pectoral Remedies to be uſed frequently: *Take of the Pectoral Decoction one quart, Syrup of Violets and of Maiden-hair, of each one ounce and an half. Mix and make an Apozem*; Doſe, half a pint thrice in the day. *Take Oil of Sweet Almonds two ounces, Syrup of Violets and Maiden-hair, of each one ounce, Sugar-candy, half a dram, mix and make a* Linctus, to be uſed frequently. Alſo *Oil of Sweet Almonds* taken by it ſelf, or *Linſeed Oil* newly drawn are often exhibited with good ſucceſs. As to what concerns Diet, I enjoyn a total Abſtinence from Fleſh, and from all manner

ner of Broths made with Flesh, tho never so small. I recommend Broths made with Barley and Oats, and Panado, and for ordinary drink, a Ptisan made of the Decoction of *Barley*, with the Roots of *Sorrel*, *Liquorish*, &c. and sometimes small Beer. Besides I prescribe the following Ointment. *Take Oil of Lilies, of Sweet Almonds, and the Ointment Diachylæx, of each one ounce, mix and make a Liniment*, with which the part affected is to be anointed morning and evening, covering it with a Cabbage Leaf. And I advise, that the use of these Remedies be continu'd through the whole course of the Disease. The same day, if the pain be very violent, or otherwise, the next day, I cause a like quantity of Blood to be taken away as at the first; and order the same to be repeated the third and fourth days, (if the sick person do not recover before that time) namely, when the pain and other symptoms are very violent. But if the Disease be milder and less dangerous, so as to admit of a slower Cure, or if the Patient has not strength to bear the loss of so much blood in so short a time; after the second bleeding I use to intermit a day or two between each of the other times. And tho in the Cure of all Diseases, I order more or less blood to be taken away as the occasion requires, yet I have seldom observ'd, that a confirm'd Pleurisy in adult Persons could be cur'd at a less expence than of 40 ounces of blood: but for Children the Cure is commonly perfected by the opening of a Vein once or twice. Neither must you forbear to repeat the bleeding upon the appearing of a *Diarrhœa*, which sometimes happens; for by this method the Looseness will

be quickly ſtopt, even without the uſe of aſtrin-gent Remedies. As for Clyſters, I either wholly omit them, or cauſe them to be injected at great diſtances, between the times of bleeding, preſcribing only ſuch as are moſt ſimple, as Milk and Sugar. During the whole courſe of this Diſeaſe, I take care that the patient be not kept too hot; and therefore I give him leave to abſtain from his Bed ſome hours every day according to his ſtrength. And this Caution is of ſo great Importance in this Caſe, that if the ſick perſon be conſtantly confin'd to his Bed, it happens ſometimes that the Symptoms cannot be mitigated, either by the repeated Letting of Blood, or by any cooling Remedies whatſoever. Immediately after the laſt Bleeding (or perhaps before) all the Symptoms abate, and the Patient (who for ſome days longer muſt abſtain from ſolid Meats, and all manner of ſpirituous Liquors) by degrees recovers his wonted ſtrength. About which time, it will not be improper to exhibit ſome gentle purging Medicine.

Now, if it ſhall ſeem ſtrange to any one, that I have ſcarce ſo much as mention'd Expectoration, much leſs treated of the various means by which it may be promoted in the divers periods of the Diſeaſe; I anſwer, that I have rather purpoſely omitted, than forgotten to ſpeak of it. I have always believ'd, that 'tis very unſafe to commit the cure of a Pleuriſy to Expectoration. For, not to mention the Tediouſneſs of that Method, 'tis certainly too full of danger to be inſiſted on; ſince it happens not unfrequently, that while part of the matter is already concocted, and perhaps caſt forth, the reſt ſhall remain

main crude and unprepar'd; and that when the most potent digesting and expectorating Remedies have been us'd, the Expectoration that proceeded prosperously for some while, is sometimes wholly suppress, the patient in the mean time being in perpetual danger, and doom'd either to Life or Death, according to the power that the Physician has to raise and govern the Expectoration, which is certainly none at all. Whereas, by the Letting of Blood, the Matter that causes the Disease is at my Command, and as I please I can make the Orifice in the Vein, perform the Office of the Wind-pipe. And I dare affirm that this Disease, which if otherwise handl'd may be justly reckon'd amongst the widest and most fatal Gates of Death, may, according to the method that I have describ'd; be cur'd as safely and certainly as any other Disease whatsoever, not to mention the speediness of the Cure. Nor did I ever know that any Person receiv'd the least injury by so plentiful an evacuation of Blood.

I have often indeed attempted to establish some other Method by which this Disease might be cur'd, without so great a loss of Blood, either by resolving the Humour, or expelling it by promoting Expectoration. But after all I have not been able to find out any Method so effectual as that which I have explain'd; by which, notwithstanding of the sad Presages of a dry Pleurisy, I restore the Patient without staying for Expectoration, making the same Orifice in the Vein serve to let out the Disease, and let in Health.

II *Concerning the* Gout.

The *Gout*, most commonly, attacks Old Men, who have spent the better part of their Lives in Ease and Effeminacy; who having accustomed themselves to a full Diet, and spirituous Liquors, at last overcome with Lazineſs, that perpetual Companion of Old Age, intermit thoſe Exerciſes which they uſed in their younger days. Beſides, they that are ſubject to this Diſeaſe have great Heads; moſt of them have a full, moiſt and looſe Conſtitution of Body, and all of them are endued with a vigorous Complexion, and ſtrong principles of Life.

Yet all lean perſons are not privileg'd from ſuffering theſe Torments; and ſometimes even young Men are troubled with them; namely, ſuch as inherit them as a fatal Legacy from their Parents, or have brought this Diſeaſe upon themſelves by their too early Luſt, or by leaving off thoſe Exerciſes that they were wont to uſe, even perhaps to exceſs; or by falling ſuddenly from the immoderate drinking of ſpiritous Liquors to ſuch as are thin and cooling.

If the Patient be already worn out with the Infirmities of Old Age, before the Gout begin to torment him; 'tis obſervable, that that Diſeaſe doth neither keep ſuch certain periods, nor rage ſo fiercely, as when it aſſaults thoſe that are young; and the Patients Life is commonly at

at an end, before the Diſeaſe can arrive to a height. But when it begins more early, tho it doth not yet ſeem to have taken root, not cauſe very violent pains, but attacks the Patient, as it were, only occaſionally, and without any order; yet by degrees it gathers ſtrength, and obſerves ſtated periods, both in returning at certain ſeaſons of the Year, and in the Duration of the Paroxyſms, which alſo grow to be more grievous and violent than they were at firſt.

I ſhall firſt deſcribe the Order and Progreſs of the Diſeaſe when 'tis *Regular*.

About the end of *January*, or beginning of *Febrnary*, the Paroxyſm comes ſuddenly, and almoſt without any precedent ſign. Only the ſick perſon is troubled with Crudities and Indigeſtion for ſome Weeks before; as alſo with a ſort of Windy Swelling of the Body and Heavineſs, which encreaſeth daily till the coming of the paroxyſm, which is preceeded for ſome days by a Numneſs, and a Feeling of Vapors deſcending through the Fleſh of the Thighs, accompany'd with convulſive Motions or Contractions; and the day before the Fit, the Appetite is greater, but not natural. The Patient goes to Bed, and falls aſleep in good health; but about two hours after midnight he is awaken'd by a pain, which uſually affects the great Toe, tho ſometimes it is felt in the Heel, in Ankle, or Calf of the Leg. This pain reſembles that which accompanies the Diſlocation of a Bone, and the Patient feels ſomewhat, as if Water were pour'd on the Membranes of the affected part. Inſtantly he is ſeiz'd

with Chilneſs and Shivering, and a certain Feveriſhneſs. The Pain which at firſt was remiſs, grows hourly more violent, while the Chilneſs and Shivering abate proportionably. At length about the evening the pain is at the height, accommodating it ſelf exactly to the various Contexture of the Bones of the Feet, in whoſe Ligaments it is ſeated. Sometimes it reſembles a violent Stretching or rending of the Ligaments, ſometimes a Gnawing, like the Biting of a mad Dog, and other times a Squeezing or Binding of the part affected. Beſides, the part is endu'd with a ſenſe ſo exquiſitely tender, that the Patient can neither endure the weight of the Cloths upon it, nor the Shaking of the Room by Walking: Inſomuch that the ſick Perſon paſſes the Night not only without ſleep, but alſo with perpetual Toſſing from one place to another, nor is the Agitation of the whole Body leſs violent, than that of the affected Member. And the Patient by a thouſand vain Endeavours, and continual changing of Poſtures, labours to find ſome Mitigation of his Pains; which nevertheleſs doth not happen, till two or three a clock in the morning, which is 24 hours after the firſt Inſult of the Paroxyſm, at what time, the offended matter being in ſome meaſure digeſted, and part of it diſſipated, the Patient has ſuddenly ſome Eaſe; which is commonly (but falſly) attributed to the laſt Scituation or Poſture of the affected Part. Then, a gentle Sweat breaking forth, he falls aſleep, and at his awaking, perceives a new-riſen Tumour in the affected part, whereas before there was only a great Swelling

of

of the Veins, which usually appears in all Fits of the Gout. The next day, and perhaps for two or three days, if the matter that causeth the Disease be very copious, there is still a little pain felt in the affected Member, which is exasperated in the evening, and abates about the time of the Cocks crowing. After a few days, the other Foot is seiz'd with a Pain like to the former, both in Vehemency, and in the time of its Duration. Sometimes indeed, in the beginning of the Disease, when the offended matter is so exuberant, that one Foot is not sufficient to contain it, the Pain seizes on both with equal Violence; but for the most part it attacks them successively, after the manner that is describ'd above. After both the Feet have had their Turns of Pain, the following Paroxysms are irregular, both as to the time of the Invasion, and Duration; but the pain is still exasperated at night, and abates in the morning. Of such a Train of little Paroxysms is that, which is called a *Fit of the Gout* made up, which is shorter, or longer, according to the Age of the Patient. For when this Disease has continu'd to torment the Patient two or three Months, we must not imagine that it is only one Fit, but rather a *Series* or Chain of little Paroxysms, of which the latter is always shorter and milder than the former, till at last the offending matter being entirely exhausted, the Patient recovers his wonted Health: Which to vigorous persons, and such as are rarely troubl'd with Return of the Disease, doth often happen in 14 days; to old persons and those that are troubled with frequent

quent Paroxsyms, in two months; but to such as are broken either with Age, or the long continu'd Violence of the Distemper, not till the Summer be far advanc'd. The first 14 days, the Urine is high colour'd, and after breacking lets fall a red Sediment; and the Sick person doth not void by Urine, above a third part of what he drinks: The Belly being also costive during the first Days of the Disease. In the mean time the Paroxysm, through its whole course is attended with want of Appetite, Chilness of the whole Body about the Evening, a Heaviness and Uneasiness even of those parts of the Body that are not immediately affected by the Disease. And the Fit going off is succeeded by an Itching in the affected Foot, which is scarce to be endur'd, especially between the Toes, whence Scales fall off, and the Feet also are peel'd, as when one has been poison'd. The Patient being freed from the Disease, recovers his Appetite and good Digestion, according as the late Paroxysm was more or less violent; and after the same proportion, the next Fit is either hasten'd or retarded. For if the Patient was cruelly handled by the last Paroxysm, he need not fear another Insult till about the same time of the next Year.

The Account that I have given of the *Gout*, is to be understood of that Disease only when 'tis *Regular*, and attended with its genuine Symptoms. For when the Natural Order of the Disease is disturb'd by an undue use of Medicines; or when by reason of the Length and Obstinacy of the Distemper, the whole Substance of the Body is in a manner turn'd to Nourishment for the Dis-

ease,

eaſe, and Nature is render'd unable to expel it after its uſual Method; the Symptoms that appear in theſe caſes are very different from thoſe that have been already deſcrib'd. For whereas hitherto the Pain was lodg'd only in the Feet, which are the proper ſeat of the peccant Matter, in this caſe it ſeizes on the Hands, Wriſts, Elbows and Knees, and other parts of the Body; which is a moſt certain ſign that either the Order of the Diſeaſe is inverted, or the Vigor of the Body decay'd. Sometimes the pain diſtorting one or more of the Fingers makes them like to a bunch of *Parſnip Roots*, and depriving them by degrees of Motion, generates knotty Excreſcences about the Ligaments of the Joints, which reſemble Chalk or Crabs Eyes, and corroding the *Cuticula*, and even the true skin of the Joints, may be pickt out with a Pin. At other times the Matter that cauſeth the Diſeaſe being lodg'd in the Elbows, raiſeth a whitiſh Swelling, almoſt as big as an Egg, which is by degrees inflam'd, and grows red. Sometimes it ſeizes on the Thigh, in which caſe the ſick perſon is not much troubled with pain, but feels ſomewhat like a great weight hanging at the affected part. But when it creeps downwards to the Knee, the pain is more violent, and the Patient being utterly depriv'd of Motion, remains nail'd to his Bed, and unable to ſtir a hairs breadth from the place where he is laid. And when by reaſon of the univerſal unquietneſs of the Body, which is ſo uſual in this Diſeaſe, or upon ſome neceſſary occaſion, the Patient muſt

be

be remov'd by the help of others; there is need of all the Care and Tenderneſs that can be us'd: for the leaſt Unevenneſs or Contrariety in the Motion may cauſe a Pain, which would be altogether intolerable, if it did not inſtantly vaniſh. And this ſame Nice Tenderneſs that muſt be obſerv'd in removing the Gouty Perſon, is not the leaſt of his Afflictions. For the pain is not ſo violent through the whole Paroxyſm, if the affected Member be ſuffer'd to enjoy an undiſturb'd Reſt.

Whereas when the Gout is regular, the Patient is only troubl'd with it about the end of Winter, and uſually recovers after two or three Months; in the preſent caſe, it ceaſeth not to torment him through the whole year, excepting only the two or three hotteſt Months in the Summer. And 'tis to be obſerv'd, that as the *Great* or *General* Fit is longer in this, than in the former Caſe, ſo every one of the *Leſſer* or *particular* Paroxyſms, of which the Great Fit is made up, is alſo longer: for whereas formerly theſe particular Paroxyſms did not laſt above a day or two; now, whereſoever they fix themſelves, they never quit their hold before the fourteenth day; eſpecially when they ſeize on the Feet or Knees. And, beſides the pain, the Patient is alſo troubl'd with a certain ſickneſs on the firſt or ſecond day of the Fit, and ſuffers an intire loſs of Appetite.

In the laſt place, whereas before the Diſeaſe was grown to ſuch a height, the Patient did not only enjoy longer Intervals of eaſe, but alſo during the Intermiſſion of the Diſtemper, was free from any Symptom, either in his Joynts, or in the

the reſt of the Body, all the natural Faculties performing their ſeveral Offices regularly; now his Joints are ſo contracted and diſabl'd, that tho he can ſtand, and perhaps alſo walk a little, yet he creeps along with ſo much uneaſineſs, and with ſo troubleſom a Lameneſs, that even when he walks he ſeems to remain in the ſame place: And if he continue to walk beyond his ſtrength, that his Feet may be inur'd to travel, the more they are by this means ſtrengthn'd and enabl'd to reſiſt the Inſults of the Pain; the Morbific Matter, which in theſe Intervals is never wholly diſſipated, falls upon the Entrals with greater Fury, when it cannot find a paſſage to the Feet, which in this Period of the Diſeaſe are never wholly free from pain.

Beſides the Patient is troubl'd with many other Symptoms; as pain of the Hæmorrhoids, ſtinking Belching accompanied with a Taſte like to that of Meat that is already chew'd and putrified in the Stomach, as often as he eats any thing that is hard to be digeſted, or even ſuch a quantity of Meat as is convenient for one that is in Health. The Appetite languiſheth, as the whole Body alſo doth, for want of Spirits. In fine he lives only to be miſerable, and not in the leaſt to enjoy the ſweetneſs of Life. The Urine which before was of a high colour (eſpecially in the Fit) and in little quantity, doth now, both in colour and quantity reſemble that which is voided in a *Diabetes*. He is troubled with an Itching in his Back, and other parts of the Body, chiefly about the time that he ſhould go to ſleep.

This

This Diſeaſe alſo, when 'tis deeply rooted, is attended with this inconveniency, that by ſtretching out of the Legs, eſpecially in the morning, the Ligaments of the Bones of the Soles of the Feet are vehemently contracted, as if they were violently preſt or ſqueez'd by a ſtrong Hand. Sometimes alſo without any precedent ſtretching of the Legs, when the Patient is almoſt aſleep he feels a Pain in thoſe Bones as if they were broken to pieces by a ſudden Blow, and awakes with a loud Groan. The Tendons of the Muſcles that ſuſtain the Legs are ſometimes ſeiz'd with ſo violent and fierce a Contraction, that if the Pain which it occaſions ſhould continue never ſo ſhort a while, it would overcome the greateſt human Patience.

After many and diſmal Torments, and a tedious courſe of Miſery; as an earneſt of that Eaſe which approaching Death is ſhortly to give the Patient, he is not ſo cruelly tortur'd with Pain in the following Paroxyſms; Nature being partly overwhelm'd with the Burthen of the offending Matter, and partly being enfeebled by Age, and not longer able to drive its Enemy conſtantly and vigorouſly to the Extremities of the Body. But inſtead of the uſual Pain, he is now troubled with Sickneſs, Pain in the Belly, Wearineſs without any manifeſt cauſe, and ſometimes a propenſion to Looſeneſs. While theſe Symptoms are in their Vigor, the pain in the Joints abates; and aſſoon as the Joints begin again to be tormented, the other Symptoms diſappear. Thus the Pain and Sickneſs coming and going by turns, the tedious Paroxyſm is prolong'd. And it ought to be remark'd, that after one has been troubled many

years

years with the Gout, the pain decreaseth gradually in every succeeding Paroxysm, and the Patient is at last kill'd, rather by sickness than pain. For the pain that he suffers in the latter and longer Paroxysms, doth scarce amount to the tenth part of that which he endur'd before his strength was broken. But the Cruelty and Violence of the Disease was then sufficiently atoned for by the length of the Intervals between the Fits, and the Health that he enjoy'd during the Intermission. For in this Disease, pain is the Bitter Remedy of Nature, and the fiercer it is, the shorter will the Paroxysm be, and the succeeding Interval of Ease both longer and more perfect.

But besides all this numerous and fatal train of symptoms, the Gout often breeds the *Stone in the Kidneys*: which sometimes puts the Patient to the melancholy Task of considering, whether the pains of the *Gout* or *Stone* be more intolerable, Sometimes also the latter, stopping the passage of the Urine to the Bladder, hurries the Patient to his Grave, without expecting the slow progress of its Companion.

Neither is it enough that the Patient is so cruelly tormented, that he is no longer Master of himself, nor able to subsist without the continual assistance of others; but to make him compleatly wretched, his Mind being struck with a sort of Contagion takes so deep a share in the Miseries of his Body, that 'tis not easy to determin, which of them is in the worst case. For every Paroxysm may be call'd a Fit of *Anger*, as properly as of the *Gout*; since the Understanding and Reason are so weaken'd by the Infirmities of the Body, that they are apt to be disorder'd by every

every Accident, and the patient is equally burthensome to others, and to himself. And he is no less obnoxious to the rest of the passions, as Fear Anxiety, and the like; by all which he is tormented whth equall violence, till the Health of his mind be re-establish'd with that of his Body.

To come to the last Act of this woful Tragedy, the Entrals being so corrupted and vitiated by the Morbific matter, that the Instruments of Separation are no longer able to discharge their respective Offices; the Blood Stagnates, being overcharg'd with Slime and Filth, the offending matter is not now, as formerly, expell'd to the extream part of the Body, and the wretched Patient finds at last an end of all his miseries in his Grave.

The *Gout* very rarely assaults Women, and those only Old Women and *Viragos's*, or such as have a masculine Habit of Body. They who either in their Youth or riper Age suffer Symptoms that resemble the Gout, owe them either to the Hysterical passion, or the Remainders of the Rheumatism, with which they have been formerly infested, and the matter that nourish'd it not sufficiently expell'd.

Nor have I hitherto observ'd, that Boys, or any under the Age of Young men, have been troubled with this Disease: Yet I have known some, who before they have attain'd to that Age suffer'd some slight insults of this Distemper, namely such whose parents were troubl'd with it when they were begotten. And so much for the *History of the Gout*.

To proceed to the *Cure*, I shall in the first place take notice of such things as must be avoided.

ed. And whereas there are only three ways, by which the Morbific matter may be expell'd, *viz. Bleeding, Purging, and Sweating*; 'tis certain that none of them ought to be admitted in this case.

In the first place, those who are arriv'd to an advanc'd Age, must never be let Blood, either for Cure or prevention. For tho the Blood that is extracted doth for the most part resemble that which is taken from such as are troubled with a pleurisie, or Rheumatism; yet Bleeding is no less hurtful in *this*, than it is useful in *these* Diseases. For if the Blood be extracted during the time of Intermission, tho never so long after the End of the Fit, the Agitation of the Blood and Humours may produce a new Paroxysm, which shall be both longer, and attended with worse Symptoms than the former, the strength and vigor of the Blood being repair'd, by the help of which the Morbific matter should have been expell'd. The same Inconveniency must also happen when the Patient is let Blood, at the beginning of the Fit. And if Bleeding be administred immediately after the Fit, there is great danger, lest, while the Blood is yet languid and hath not recover'd its broken vigor, Nature should be so weaken'd by such an unseasonable Wound, as that an open door should be left for the Dropsy to enter at. But if the Patient be Young, and heated by immoderate Drinking, a Vein may be open'd in the beginning of the Fit: but if he shall constantly accustom himself to be let Blood in the succeeding paroxysms, the Gout will quickly grow inveterate, and will acquire more force, and extend its Tyranny further in a few

years

years, than otherwise it could have done in many.

In the next place, as for Evacuation, whether upwards, or downwards, 'tis to be observ'd, that since 'tis an inviolable Law of Nature, and interwoven with the very Essence of this Distemper, that the Matter that nourisheth the Disease should be deposited on the Joints: the Effect of Evacuating Medicines, whether Purgatives, or Vomics, can only be this, that the offending Matter which Nature had thrust forth to the Extremities of the Body, will be again Convey'd into the Mass of the Blood, and by falling on some of the Entrals endanger the Patient's Life, that before was secure. Which not unfrequently proves fatal to those who accustom themselves to the use of Purging Medicines to prevent a future, or (which is worse) to mitigate a present Paroxysm. For by disturbing Nature in the prosecution of her own familiar, and safest Method, and driving the Humours inwards; instead of a Pain in the Joints, with which they are very little, if at all, troubl'd, they are miserably tormented with Sickness at the Stomach, Gripings of the Guts, Swoonings, and a long Train of irregular Symptoms.

I am certainly perswaded by manifold experience both in my self and others, that at what time soever Purging Medicines are exhibited, they are so far from performing what is expected from them, that they occasion the Mischief which they should have prevented. For being given in the Fit, by disturbing Nature while she was busi'd in separating the Morbific

bific Matter and expelling it to the Joints, they have rais'd notable tumults in the animal Spirits, and not only heighten'd the fury of the Paroxysm, but have thrown the Patient into manifest danger of an untimely death. And having been us'd at the end of the Paroxysm, instead of expelling the Relicks of the Disease, they brought on a new Fit, which was no less violent than the former; which kind of Inconveniency I have experimented more than once, by unseasonably endeavouring to extirpate the Remainders of the Disease, according to the Rules of Art. And finally, as for the Method of purging, at certain intervals, in the time of intermission, to prevent the Return of the paroxysm, tho it must be acknowledg'd that this way is not so dangerous as the former, yet it may also occasion the Return of the paroxysm; and tho the patient should escape that hazard, yet he must never expect to be cur'd by that Method, how carefully and constantly soever he shall persist in it. I have known some persons that were obnoxious to this Disease, who accustomed themselves to repeated purgations, not only in the Spring and Autumn, but every Month, yea and every Week, without any other effect, than that the Disease assaulted them more fiercely, and was attended with worse Symptoms, than if they had us'd no Remedies at all. For tho purgation may evacuate a part of the conjunct Cause of the Gout, yet since it weakens Concoction, instead of strengthning it, and respects only one Cause of the Disease, it can never perfect the cure.

Yet

Yet as hurtful as this method is, it hath acquir'd no small Fame to certain *Empirics*, who cunningly conceal'd the Medicine that they us'd. For 'tis to be noted that as long as the Operation of the Medicine continues, the Patient is not much, or not at all troubl'd with pain; and if the purgation can be prolong'd for some days, and in the mean time the Patient be not seiz'd with a new Fit, he quickly recovers from that which he had: but he is severely punish'd for his indiscretion, by the Tumults that are rais'd by the Agitation of the Humors.

In the last place, the Evacuation of the peccant Matter by Sweating, tho 'tis less hurtful than the other Methods, yet is certainly prejudicial. For when 'tis attempted out of the Fit, it expels the Humours by force upon the Joints, while they are yet crude, and not sufficiently prepar'd for Separation; and by so doing it hastens the Return of the Paroxysm before the due time, and even in spite of Nature. Again, if a Sudorific be given in the Fit, it drives the Morbific Matter too violently upon the affected Member, and causeth intolerable Pain: if there be more Matter than the affected part can receive, it thrusts the Remainder upon some other Member, and occasions a violent Commotion and Ebullition of the Blood and other Humors; and if the Body abound with serous Humours 'tis to be fear'd lest an Apoplexy should follow. In short, I have observ'd in this, and all other Diseases, that I have hitherto had experience of, that 'tis Natures province, rather than the Physician's to procure Sweating; since it is impossible to determin with exactness the quantity of

of the Matter, that is already prepar'd for such a ſeparation.

'Tis evident from what has been ſaid, that Evacuating Medicines are not only uſeleſs, but even hurtful in this Diſeaſe: It remains now to inquire into the true Method of Cure. I have conſider'd with great Care and Accuracy, the various Symptoms and Appearances, that attend this Diſeaſe; and I'm convinc'd that the Phyſician ſhould above all, labour to withſtand theſe two Cauſes of the Diſtemper; namely, the Indigeſtion of the Humors, occaſioned by the Defect of Natural Heat and Spirits, which is the Antecedent Cauſe; and the Heat and Effervescency of the ſame Humours, already putrify'd and grown Sharp, by reaſon of their ſtaying longer than they ought to have done in the Body, which is the Conjunct cauſe, and depends on the former. Theſe Cauſes differ from one another ſo widely, that the Remedies which are good for the former, are inconvenient in reſpect to the latter. For while we endeavour to reſiſt the Indigeſtion by hot Medicines, 'tis to be fear'd that the Heat ſhall be augmented; on the other hand, while we labour to allay the Heat and Sharpneſs of the Humours by cooling Remedies and Diet, by the ſame means, we increaſe the indigeſtion by Deſtroying the Natural Heat. Now I do not only underſtand by the Conjunct Cauſe, that which being actually lodg'd in the Joints creates a paroxyſm, but alſo that which lurks in the Blood and is not yet fit for Separation. For the morbific matter is very rarely expell'd ſo entirely, even in the moſt Cruel and tedious paroxyſms, as to leave no Remainder of it behind after the

Fit

Fit is past. And therefore respect must be had to these two Causes, both in, and out of the Fit. Seeing then that the Expulsion of the Matter that causeth the Disease is the Work of Nature alone, to be perform'd by her after her own Method; and since nothing can be attempted for the mitigation of the Heat and Sharpness of the Humours, without prejudice to Digestion, unless by abstaining from a hot Diet and Medicines by which the Humours are inflam'd; 'tis certain that the main Scope of the Cure must be directed to promote Digestion; concerning which I shall now treat, and by the way also hint such Remedies as may serve to allay the Heat and Sharpness of the Humours.

Whatsoever things therefore are proper to assist Nature in the right Discharge of her several Offices; whether by comforting the Stomach, that the Aliments may be throughly digested; or by strengthening the Blood, that the Chyle that is brought into it may be duly assimilated; or by corroborating the solid parts, that the Juices which are destin'd for their Nourishment and Augmentation may be more perfectly transform'd into the proper substance of the Parts; finally, whatsoever things are fit to preserve the Instruments of Evacuation in such a state, that they may be able to expel the Excrements of the Parts in due time and Order; these and all other things of a like Nature are fit to be us'd in this Case, and are properly call'd *Digestives*, whether they be Medicines, Diet, Exercise, or any of those things that are usually comprehended under the Name of the *Six Non natural Things*.

Such

Such, in general, are those Medicines that are moderately hot, and either are bitter, or bite the Tongue gently: These are very grateful to the stomach, purify the blood, and comfort the other parts of the body. Such, for example, are the Roots of *Angelica* and *Elicampane*; the Leaves of *Wormwood*, lesser *Centory*, *Germainder*, *Ground Pine*, &c.

To these you may add, the Remedies that are commonly call'd anticorbutical; such as the Roots of *Horse-Radish*, the Leaves of Garden *Scurvy-grass*, *Water-Cresses*, &c. But tho these sharp and biting Herbs are agreeable to the stomach, and promote concoction; yet since they augment the heat, and stir up the morbific matter, they ought to be us'd more sparingly than those other medicines, which by their gentle heat and bitterness strengthen the stomach, and corroborate and enliven the mass of the blood.

'Tis to be observ'd, that a convenient mixture doth more effectually digest the humors, than any one single Remedy. For tho when we stand in need of the specific Virtue of any Medicine, that rule certainly takes place, that *the simplest Preparation is the best*; yet when we Endeavour to cure a Disease by answering a certain Indication, every Ingredient contributes to the Work; and in such a case, the Medicine that is compounded of the greatest number of Ingredients will operate most effectually. As for the choice of the Ingredients, and the manner of compounding them, I leave it to the discretion of skilful Physicians, who may frame several Compositions as the occasion shall require. But, in my opinion, *Electuaries* are

most convenient, in which the Virtue of the Ingredients is exalted by their mutual Fermentation; and for the advantage of young Physicians, I am willing to communicate the Remedy which I usually prescribe. * *Take of the Roots of* Angelica, Calamus Aromaticus, *Masterwort and Elicampane; Leaves of common Wormwood, lesser Centory, white Horehound, Germainder, Groundpine,* Scordium, *common Calamint, Feverfew, Meadow-Saxifrage,* St. Johns *wort, Golden Rod, Wild Thyme, Mint, Sage, Rue,* Carduus benedictus, *Pennyroyal and Southernwood; Flowers of Cammomil, Tansy, Lilly of the Valley, and* English *Saffron; Seeds of* Thlaspi, *Garden-Scurvygrass, Caraways and Juniper berries. Gather the Herbs, Roots and Flowers when they are in their vigor; dry them and keep them in Paper Bags, till they may be reduc'd to fine Powder. Then take six ounces of each, mix them diligently, and with a sufficient quantity of depurated Honey and* Canary *Wine, make an Electuary of a due consistency according to Art.* The Patient may take two drams morning and evening; or he may use that which follows: *Take of the Conserve of Garden-Scurvygrass an ounce and an half; Conserve of* Roman *Wormwood, and of the yellow part of an Orenge, of each one ounce;* Angelica *and Nutmeg candied, of each half an ounce; Treacle of* Andromachus *three drams; compound Powder of* Aron *two drams, and with a sufficient quantity of Syrup of Orenges, make an Electuary;* of which let the Patient take two drams twice a day, drinking five or six spoonfuls of the following Water after every dose. *Take of the Roots of Horse Radish slic'd three ounces; Garden-Scurvygrass twelve handfuls; Water Cresses, Brook-lime, Sage and Mint,*

Mint, of each four handfuls, the Pills of six Oranges: two Nutmegs beaten, Mum twelve pints; distil them in a common Still, drawing off only six pints of Water for use.

Among all the Remedies that are commonly known, *Treacle of Andromachus* is most excellent for promoting digestion; but since it contains several Ingredients that are too hot, and also abounds with *Opium*, 'twill be more convenient to use the abovementioned Electuary, that is compounded of heating and strengthning Plants. In the mean time care must be taken, to make choice of such Ingredients as may be most agreeable to the sick persons taste; for seeing he must continue to use them very long, that is, almost all his life, they ought, by all means, to be as little offensive to him as 'tis possible to make them. The best simple Remedy is the *Peruvian Bark*, which strengthens and invigorates the Blood, a small quantity of it being taken morning and evening.

There is nothing that ought to be observ'd more heedfully than this, that all *digestive* Remedies whatsoever, whether they consist of Medicines, Diet or Exercise, must not be us'd carelessly, or for a while only, but constantly, and with all possible diligence. For seeing in this disease, and several other Chronical Distempers, the cause grows at last to be a Habit, or Second Nature, no considering person will imagine, that the Cure can be perform'd by a slight and momentary alteration of the Blood and Humours; but rather that the Constitution of the Body must be chang'd, and the whole Man renew'd.

'Tis moreover to be obſerv'd, that *digeſtive* Remedies are to be us'd chiefly in the intervals between the Fits, and as long as may be before the return of the Paroxyſm. For the corroborating of all the various digeſtions, the Reſtoration of the decay'd Ferments of the Body, and the Re-eſtabliſhment of a due Meaſure of ſtrength in the Blood and in the Bowels, are things that cannot be compaſt without a long and diligent uſe of Remedies, eſpecially when the Cure is obſtructed by the Patients Age, as well as by the Diſeaſe.

But how uſeful ſoever theſe, and ſuch like Remedies, may prove; yet the Work of Corroboration can never be perform'd by theſe alone, but thoſe things muſt be alſo conſider'd, that do not properly belong to the Art of Phyſick. And whoſoever ſhall pretend to cure this or any other Chronical Diſtemper by the only uſe of Medicines, ſhall moſt certainly be diſappointed. Firſt then a Mediocrity muſt be obſerv'd in Eating and Drinking, that the Stomach be not overloaded with a greater quantity of food than it is able to digeſt, by which means a new acceſſion is made to the matter that nouriſhes the Diſeaſe; nor the parts of the body by an exceſſive Abſtinence defrauded of that due proportion of Nouriſhment, that ought to have maintain'd them in Strength and Vigor, and conſequently enfeebled. Both theſe extreams are equally hurtful, as I have often experienc'd in my ſelf and others. As for the quality of the Aliments, ſuch as are eaſy to be digeſted are to be enjoin'd, but with regard to the ſick perſons palate: For 'tis to be obſerv'd, that

oftentimes,

oftentimes, even those things that are hard to digeſt, if they be earneſtly coveted by the ſtomach, are ſooner overcome by Nature, than other things which are offenſive to the Stomach, tho more eaſy to be digeſted; nevertheleſs ſuch things as are hard to digeſt are on that ſcore to be us'd ſparingly. Moreover 'tis my advice, that the Patient content himſelf with one ſort of Meat at every meal, for the eating of ſeveral kinds of Fleſh at one time, troubles the Stomach more than an equal quantity of one ſort. Of all other things, but only Fleſh, the Patient may eat at pleaſure, provided he abſtain from every thing that is ſharp, or ſeaſoned with Salt or Spices; for tho theſe things do not hinder Concoction, yet they are hurtful, inaſmuch as they agitate the morbific matter.

As for the Time of Eating, 'tis convenient only to Dine; for ſeeing the Night is appointed for the Concoction of Humours, it muſt not be imploy'd in the Digeſtion of Aliments. Let the Patient therefore abſtain from Supping; only let him drink a large Draught of Small Ale, which hinders the breeding of the Stone in the Kidneys, to which Gouty Perſons are uſually obnoxious.

About twenty years ago, the Cuſtom of preſcribing a Milk-Diet for the Cure of this Diſtemper began to prevail; by which the Patient is confin'd to the uſe of Milk alone, either raw or boil'd, all other Aliments being forbidden, unleſs perhaps a little Bread be added to the Milk once a day. Many have receiv'd more benefit by this Method, than by other Medecines, ſo long as they continu'd in an exact Obſervance

of it. But as ſoon as they return'd to ſuch a Diet as is convenient for Perſons in Health, tho never ſo mild and gentle, they have been more cruelly tormented than before. For the principles of Nature being thereby weaken'd, the Patient is render'd more unable to reſiſt the Diſeaſe, which conſequently grows more dangerous and obſtinate. Whoſoever therefore intends to undergo this Courſe, ſhould firſt conſider ſeriouſly, whether he can perſiſt in it all his life; which perhaps he will not be able to do, notwithſtanding of his firmeſt Reſolutions. I knew a Noble Perſon, who after he had fed on Milk alone a whole year, not only without trouble, but even with great pleaſure, in which time he uſually went to Stool once or oftner every day; his Belly being ſuddenly conſtipated, and the Diſpoſition of his Body chang'd, (tho he continu'd in the ſame Reſolution of mind) at laſt his Stomach loathing the Milk, he was forc'd to leave it off. Beſides there are ſome Hypochondriacal Perſons, of a groſs Habit of Body, and ſuch as have been long accuſtom'd to drink ſpirituous Liquors, who can by no means bear the uſe of Milk. In the mean time, that ſhort and fleeting Benefit, which thoſe with whom the Milk agrees receive from this Diet, proceeds not only from the Simpleneſs of it, (in which reſpect I make no doubt but that Oatmeal Gruel, if the Stomach could bear it, would produce the ſame effect) but alſo from its ſweetning the Blood by tempering and allaying its ſharp Particles. And beſides, which I look upon to be the main Reaſon, ſeeing Milk is a ſort of Food that is altogether too weak for Adult Perſons, it depreſſes

that

that Turgidneſs and Vigorouſneſs of the Humours that occaſions the Gout, and by that means preſerves thoſe few with whom it agrees from that Diſeaſe, ſo long as they continue to feed upon it alone, and no longer. But it is not ſo profitable in this reſpect, as 'tis hurtful in reſpect to the original and principal Cauſe of the Gout, which conſiſts in the Weakneſs of Digeſtion and of the Ferments. Which ſome heedleſs Perſons not attending to, have fain into great and deſtructive Errors; whilſt by endeavouring to reſiſt the Conjunct Cauſe of the Diſeaſe, or the Heat and Sharpneſs of the Humours, they deſtroy Concoction, and overthrow all the natural Functions.

Thoſe Liquors, in my Judgement, are the beſt, which are neither ſo ſtrong as Wine, nor ſo weak as Water, ſuch as our ſmall Beer and Ale; the Extremes on both ſides being hurtful. For Wine, 'tis agreed by all, and confirm'd by the frequent Experience of Gouty perſons, that 'tis really hurtful. For tho it may be thought to help Concoction, in the Weakneſs of which I have plac'd the Antecedent Cauſe of the Gout, yet 'tis without Controverſy hurtful in reſpect to the Conjunct Cauſe, by kindling and agitating the Humours. But neither will I yeild that it helps Concoction, if it be us'd for ordinary Drink, for I rather believe it deſtroys it, unleſs the patient has been long accuſtom'd to it. For tho it communicates ſome Heat in its paſſages, yet certainly it deſtroys the Ferments of the Body, and puts to flight the natural Spirits; which is the Cauſe, if my conjecture be juſt, that Drunkards are uſually kill'd

by the *Gout*, *Palsy*, *Dropsy*, and other cold Diseases. Besides the daily and immoderate drinking of Wine, makes the Body soft and loose like the Bodies of Women; whereas temperate Liquors communicate Strength and Firmness to the parts, for which reason they that constantly use small Liquors, are seldom acquainted with the *Gout*. Besides 'tis to be observ'd, that these Persons chiefly are obnoxious to the *Gout*, who tho their natural Concoction be weaken'd, yet by reason of a certain Luxuriancy of their Blood, are more than sufficiently nourish'd, and that by a kind of undigested Matter, instead of a sound and well concocted Substance. Now this Luxuriancy of the Blood is increas'd by drinking Wine, which not only brings a fresh supply to the morbific Matter, but also stirs up that which lies lurking in the Body, to produce a Paroxysm. Finally since the Blood of Gouty Persons is very like to that which is taken out of the Veins of those who are afflicted with Pleurisies or other Inflammatory Diseases; it would be madness to throw Oil into a raging Fire, and to increase the Tumults that are already rais'd in the Blood, by drinking spirituous Liquors, nor is it less dangerous on the other hand to use too cooling Liquors, which by abolishing Concoction and extinguishing the natural Heat, produce more fatal Effects, that is, not Pain, as Wine doth, but Death it self: Which is confirm'd by frequent Instances of aged persons, who having been formerly much addicted to Wine, suddenly fall from that to Water, and shortly after are punish'd for their Indiscretion with the loss of their Lives.

Wherefore,

Wherefore, let this Rule be obſerv'd by thoſe that are obnoxious to the Gout, that they uſe ſuch Liquors as may be drank to excels without danger of being intoxicated by them; and ſuch alſo as are not ſo cold but that they may be us'd without prejudice to the Stomach. Such a ſort of Liquor, as I hinted before, is our Small-Beer; and in other Countries, a convenient mixture may be made of a great deal of Water with a little Wine. 'Tis dangerous to drink raw and unmixt Water, as I have experimented to my own coſt. Yet 'tis drunk without any Inconvenience, by thoſe who have accuſtom'd themſelves to it from their Youth, and is at this day the ordinary drink of the greateſt part of Mankind, who are happier in their Poverty, than we in our Luxury and Abundance.

This is a truth that no reaſonable perſon can doubt of, that ſhall conſider, not only that fatal Croud of Diſeaſes, with which our bodies are tormented on the ſcore of our Drink, ſuch as the *Gout*, *Stone*, *Apoplexy*, *Palſy*, *&c.* but alſo the Violence that is done to our minds, which are driven from their native Integrity, while the adventitious Spirits of theſe Liquors being complicated with the animal Spirits that ſerve to form the thoughts, diſturb the mind by making it too volatil, and ſuggeſting vain trifles, inſtead of ſolid and important things, eſtabliſh *Wit* in the room of *Wiſdom*, between which there is almoſt the ſame difference, that is between *ſubſtance* and *nothing*.

They that have the Happineſs to meet with a gentle Treatment from this Diſeaſe, may be allowed to drink Small Beer, and Wine diluted;

their Case being such, that it is not necessary to oblige them to undergo the severities of a strict *Regimen*. But when the whole substance of the Body is degenerated (if I may so speak) to a *Gout*; whosoever will not abstain from all manner of fermenting Liquors, yea even from the smallest and thinnest sorts of them, shall certainly be disappointed of his Wishes for Ease: For all these Liquors have a certain sharpness in them, and (which is worse) they keep the humours in a perpetual Fermentation, as Barm communicates its fermentative Force to the Liquors with which it is mixt. Wherefore in this case a Diet-drink must be prepar'd of such Ingredients as are least unacceptable to the Patient; by the use of which the Appetite will be augmented, and render'd more natural, than when the Patient drank fermenting Liquors. And the infirm person that makes use of such a Diet-drink for ordinary Drink, may use a greater freedom in all other Respects, than those that drink Beer or Wine; for the Errors of Diet (which scarce any man can avoid falling into) are by this means in some measure corrected and aton'd for. And above all, such a Diet-drink prevents the breeding of the Stone in the Kidneys, which is almost an inseparable Companion of the Gout: For all sharp and thin Liquors do not only stir the Stone that is already form'd, but contribute also to the generation of it. Note, That the Diet-drink must not be made too strong, for otherwise it will kindle the humours more dangerously than Wine it self; nor must it be prepar'd too watry, lest it should destroy all the natural functions by its excessive Coldness. I

usually

uſually recommend the following Liquor for its pleaſant Colour and Taſte. *Take of* Sarſaparilla *roots ſix ounces*; Saſſafras *and* China *Wood, and Shavings of Hartſhorn, of each two ounces*; *Liquoriſh one ounce*; *Let them boil in two Gallons of Spring water for half an hour, and afterwards ſtand twelve hours in a cloſe ſtopt Veſſel on hot aſhes; then boil them again till a third part of the water be conſumed. Aſſoon as you remove the Liquor from the fire, infuſe in it half an ounce of Aniſe-ſeeds. After it hath ſtood two hours ſtrain it, and let it ſtand till the thick part fall to the bottom; then pour off the clear Liquor, which muſt be kept in Glaſs-bottles well ſtopt, for uſe.*

The moſt convenient ſeaſon to begin to uſe this Diet-drink, is immediately after the Patients recovery from a paroxyſm; and he muſt perſiſt in the uſe of the ſame ever after, both in the fits and intervals between them. At the ſame time let him begin to take the forementioned Electuary, and uſe it in like manner conſtantly, as well during the time of the fit, as out of it. The Heat of this Medicine will correct the Watrineſs of the Liquor, and impart a due meaſure of warmth to the Blood and Entrails, without raiſing ſuch tumults as are wont to be occaſion'd by the Heat of fermenting Liquors.

If any perſon ſhall object againſt the ſeverity of this *Regimen*, and pretend that it deprives a Man of the Pleaſures of Life; I ſhall only deſire him to conſider, whether it be more tolerable to be daily rackt with the cruel Torments of an inveterate Gout, than to be confin'd to the uſe of a Diet-drink. And beſides that the Patient who obſerves this courſe, may take more

liberty

liberty in eating what he pleases than otherwise must be allow'd him; 'tis certain that this (as all things else) will be render'd easy and pleasant by custom. In a word, none but a *Two-legg'd Beast*, that hath experimented the fury of the Disease, will spend much time in deliberating what course to take on this occasion.

But after all, if the infirm person, either by reason of his having been long and much addicted to intoxicating Liquors, or because of Age, or Weakness, cannot digest this Nourishment without the assistance of Wine, or some other fermented Liquor; 'tis not safe to deprive him of them suddenly, which Error hath prov'd fatal to many. Let such a person therefore, either wholly abstain from drinking the decoction for a Diet-drink; or if he resolves to use it, let him accustom himself to it by degrees, and continue for some time to drink a Draught of Wine at Meals, rather as a Remedy than as a part of his Diet, till use shall have render'd the Decoction more familiar to him. In these cases *Spanish* Wine is to be preferr'd before either *Rhenish* or *French* Wines; which last are indeed very acceptable to the Stomach, but they are apt to exasperate the humours, and to augment the morbific matter.

There is also another thing, which tho it be commonly neglected, is yet of great moment, both as to the digestion of the matter in the paroxysm, and the hindering of its encrease at other times; namely, that the Patient go to bed betimes, especially in the Winter. For next to Bleeding and Purgation, nothing weakens a man so much as Night-watching; as every

sickly

ſickly perſon will teſtifie from his own Experience, that hath ſeriouſly obſerv'd, how chearful and vigorous he is wont to riſe when he goes early to bed; and on the other hand, how languid and feeble he uſually finds himſelf in the morning, after he hath ſate up late at night. And tho it may ſeem to be the ſame thing, whether a Man go to bed ſooner or later, providing that he ſpend the ſame number of hours in ſleeping; for example, whether he go to bed at *Nine* a clock, and riſe at *Five*; or go to bed at *Eleven*, and riſe at *Seven*; yet certainly there is a great difference in the effects, and that chiefly (in my judgment) for this reaſon. In the day time the Spirits are diſſipated by Exerciſes both of the body and mind, and in ſickly perſons they are ſo infirm and weak, that they require a more early ſupply from ſleep in the Evening; and whereas at the approach of night the Oeconomy of the body is ſomewhat relax'd, which in the day time had been envigorated by the influence of the Sun; 'tis requiſite that the Heat of the Bed, eſpecially in the Winter, ſhould ſupply the Suns place. And in the morning the Spirits being refreſh'd and enliven'd, both by the Repoſe of the body during the night, and by the warmth of the Bed, beſides that the next day, as it advances, adds freſh Vigor and Firmneſs to the contexture of the body, the ſubſtracting of one or two hours from the uſual time of ſleeping in the morning, doth not make ſo deep a Wound in Nature, as when one watches an hour or two too late at night. Wherefore let all thoſe that are obnoxious to the Gout, be perſwaded to go to bed betimes every night,

night, especially in the Winter, and to rise early in the morning, even tho they have not slept long enough in the night. For the longer one sleeps in the morning, the less he sleeps the succeeding night; thus the wise order of Nature is inverted, and the Day turn'd to Night.

Moreover the Infirm Person must by all means endeavour to enjoy a perfect *Tranquillity of mind*. For disorderly Passions, when once they are suffer'd to break loose, are very apt to dissolve the Contexture of the Spirits, which are the Instruments of Digestion. And the same Inconvenience is also occasion'd by an excessive Application of the mind to Study, and serious Contemplations. For seeing this Disease beyond all others is usually accompany'd with that which is commonly call'd *Melancholy*; they that are obnoxious to it, are wont to spend and dissipate the Spirits by long and earnest Thinking, even without the Artificial help of Reading, as if they purposely intended to break and destroy the whole Oeconomy of the Body. And for this reason I am perswaded that Fools are rarely troubl'd with the Gout.

There is nothing that contributes so effectually to the Digestion of the Humours, and to the strengthening of the Blood and Parts of the Body, as *Exercise*. But, 'tis to be observ'd, as I hinted before, that since 'tis necessary in this, even more than in any other Chronical Disease, to alter the whole Habit of the Body; the Patient must exercise his Body daily and constantly. For those Exercises that are sometimes intermitted, and after a while resum'd, are not only unable to change the Habit of the Body,

after

after it hath been enervated and render'd languid by Eaſe and Sloth: But they may even prove hurtful, and haſten the Return of the Paroxyſm. Moreover theſe Exerciſes muſt not be too violent, but ſuch as are proper for Aged Perſons, who are moſt commonly troubl'd with the Gout. For the Spirits are too much diſſipated by vehement motions of the Body, and conſequently Concoction is weaken'd, which, on the other hand, is corroborated by moderate and conſtant Exerciſe. And how hard ſoever this may appear to one who beſides Old Age, and the Unfitneſs of his Body for Motion, and that Lazineſs which ſeems to be a natural Effect of this Diſtemper, is alſo tormented with Pain; yet 'tis certain that all other Remedies will be Ineffectual without Exerciſe. For if that be intermitted the Intervals between the Fits will be ſhort, and the Patient will be more obnoxious to the Stone, which is both a more dangerous and cruel Diſeaſe than the Gout.

To theſe may be added another very weighty conſideration, namely that by long Reſt, the *Chalk-like Matter* will be exceedingly augmented in the joints, eſpecially of the fingers. Which inconvenience may be effectually prevented by daily exerciſe; the morbific matter, which is naturally enclin'd to fix in ſome Member, being diſſipated over all the body. And I have found by experience, that long and daily Exerciſe, doth not only prevent the breeding of theſe Excreſcencies, but likewiſe diſſolves even ſuch of them as are old and harden'd, if they have not yet proceeded ſo far as to change the outward skin to a ſubſtance like to themſelves.

Among

Among the various kinds of Exercise, *Riding* is absolutely the best, if the use of it be not hinder'd by Age or the Stone. And I have often thought, that if any person was Master of a Medicine, as effectual for the Cure of this, and most other Chronical Diseases, as daily and constant Riding is, and would conceal it, he might easily heap up immense Riches. But if the Patient cannot conveniently ride on Horseback, he must accustom himself to ride often in a Coach.

Observe also, that 'tis better to use exercise in a healthful air than otherwise; for example, in the Country, rather than in a Town, where the Air is stuff'd with Vapors that exhale from Tradesmens Shops, and pent in by the Multitude and Contiguousness of the Houses, as at *London*, which, as far as we have any certain knowledge, is the biggest City in the whole World. And how much better 'tis to exercise the Body in the Country than in a City, any Gouty person may quickly make the experiment.

As for *Venereal Pleasures*, when the Patient is both old and infirm, 'tis no less madness for him to indulge himself in these delights; than for one, who is ready to take a long Journey, to consume his whole stock of Provisions before he set out. For being already destitute of a sufficient quantity of Spirits to carry on Digestion, and the joints and other adjacent parts of the body being very loose and weak, he is utterly unable to bear so destructive and wasting an Exercise. And so much for *Diet* and *Regimen*.

But tho a strict and careful Observance of these Rules may free the Patient from suffering the cruellest Torments of the Gout, and likewise

exempt

exempt him from that multitude of miseries, which make the Disease not only intolerable, but at last also fatal; yet all his Care will not be able to protect him from the insults of this Distemper; after certain intervals, especially about the end of Winter.

'Tis plain from what hath been already said, that the Cure of this Disease must be perform'd by an entire Alteration of the Habit of the Body, and Reduction of it to its former Constitution, as far as the Patients Age, and other circumstances of the Distemper will permit; which must be attempted in the intervals between the Fits. For when the morbific matter is not only generated, but already expell'd to the Joints, 'tis too late to endeavour either to alter it, or to thrust it forth by other ways; since Nature has already begun to expel it, to whose management the Work must be committed. And 'tis for this very reason, that in the Cure of Intermitting Fevers, we do not begin to administer Remedies till the Heat of the Fit be over. It would be in vain to labour to remove the Heat, Thirst, Unquietness and other Symptoms of a Fever, while the Fit continues: And 'twould be no less absurd for one to pretend that he is curing the Gout, when he can only endeavour to remove its Symptoms; yea by so doing he hinders and retards in some measure the Cure of the Disease. For by mittigating the Pain, he resists the Concoction of the Humours; and by preventing Lameness, hinders the expulsion of the Morbific Matter. Besides the more the Fury of the Paroxysm is abated, the longer it will continue to Torment the Patient, who must

also

alſo expect a ſhorter Interval of eaſe and leſs free from the ſymptoms of his Diſtemper. Which will not be deny'd by one that has read and ſeriouſly conſider'd what has been ſaid in *the Hiſtory of the Diſeaſe.*

But, tho nothing of Moment muſt be attempted during the Paroxyſm, unleſs to obviate thoſe ſymptoms that are ſometimes occaſion'd by a wrong method of Cure: Yet ſince this Diſeaſe is generally acknowledg'd to proceed from the Redundancy of Humours in the Body; it will perhaps be convenient for the Patient to abſtain from Fleſh for ſome days after the beginning of the Paroxyſm, and inſtead of that to content himſelf with Oat-Gruel, and the like ſimple Nouriſhment: For ſuch a thin Diet is very proper to leſſen the Morbific Matter, and to give Nature opportunity to digeſt it. But ſince the Conſtitutions of ſome Bodies differ extreamly from thoſe of others, there being ſome who are not able to endure an Abſtinence from Fleſh without falling into diſorderly Motions of the Spirits, Swoonings, and other ſymptoms that uſually happen to Hyſterical Women: Such Perſons muſt not be adviſ'd to abſtain from Fleſh any longer than the Averſneſs of the ſtomach from it continues, which ordinarily reacheth not beyond the firſt or ſecond day of thoſe particular Paroxyſms of which the Great Fit is compounded, as I intimated before. But whether the Patient return ſooner or later to the uſe of Fleſh, he muſt be very careful to eat no more than is barely neceſſary for the ſuſtenance of Nature; nor muſt he be leſs cautious about the quality of the Aliments that he makes uſe of. And in general he muſt

obſerve

obſerve with great care and exactneſs all thoſe Rules that are particularly inſiſted on above. And tho the Pain and Unwieldineſs of the Limbs ſeem to forbid the uſing of thoſe Exerciſes that I recommended ſo earneſtly; yet they muſt by no means be omitted. For tho it may ſeem impoſſible to the Patient, at the beginning of the Paroxyſm, to endure the motion of a Coach, or even to be carried to it; yet if he will be perſwaded to make the Experiment, he will quickly find more eaſe by ſuch a motion than by ſitting in a Chair. And if he will ſpend ſome hours on that Exerciſe, both in the Morning and Afternoon, he ſhall have the advantage of being exempted from the ſenſe of Pain by ſleep, for a great part of the Night; whereas they who ſit at home all Day are forc'd to paſs the Night almoſt without ſleep. Beſides, the *Stone* is prevented by exerciſe, the breeding of which is uſually occaſion'd by a ſlothful and ſedentary Life. And above all, a conſtant Perſeverance in the uſe of bodily exerciſe doth effectually obviate that impotency of the Joints, which happens frequently after one or two long Paroxyſms, by the contraction of the Tendons, of the Hands, or Heels: for they who will not ſtir ſo long as the Vehement pain continues, and eſpecially are afraid to extend their Legs when the Pain poſſeſſes their Knees, remain ever after depriv'd of the uſe of their Legs and Arms, both during the intermiſſion, and in the Paroxyſms, with which they are ſtill from time to time tormented. After all 'tis certain, that in thoſe aged Perſons, whoſe Concoctions are extremely vitiated, and the ſubſtance of their Bodies, after a long courſe of Miſery,

Misery, in a manner turn'd to Gout, the Disease can never be brought to digestion without exercise. For Nature being foil'd by her powerful Enemy, sinks under that Sickness and Languidness, which is caused by the Redundancy of the Morbific Matter that she cannot concoct and assimilate, by which the Patient is at last poison'd and dies.

Yet, notwithstanding of all that has been said concerning the Usefulness of Exercise in the Paroxysms of the Gout; when by reason of the over-bearing Violence of the Distemper, the Patient is knock'd down at the very first insult of the Fit; as it usually happens when the Gout is at the height, and has not yet been mitigated by a long course of Years: It will be convenient for the infirm Person who is thus confin'd to his Chamber to keep his Bed till the Vehemency of the Pain be abated. For the Bed will in some measure supply the want of Exercise, and the continual lying in it will more powerfully digest the Morbific Matter in a few days, than otherwise it could have been concocted in a much longer time, especially at the beginning of the Disease; if the Patient, without falling into Swoonings and other dangerous Symptoms, can abstain from Flesh and content himself with Oat-Gruel, small-Beer, and the like: But I must not forget to take notice, that if the Disease be inveterate, and accompanied with Swoonings, Gripings of the Guts, Looseness, and such like Symptoms, the Patient can hardly escape death, unless by using exercise in the free and open Air. This is a very important Reflexion, and ought to be heedfully observ'd; for many Gouty Persons are kill'd by

by those symptoms, that are occasion'd by their being imprison'd in their Chambers, and especially in their Beds; who might have prolong'd their Lives if they would have endur'd the trouble of Riding in a Coach the greatest part of the day. For tho one that is only tormented with a pain in his Limbs, may shut himself up in his Chamber; yet if a Man instead of Violent Pain be troubled with sickness and other symptoms that are mention'd above, he cannot confine himself to a Room without endangering his Life. And 'tis well for the Patient, that Exercise is not very necessary, so long as the Vehemency of the Pain makes it impracticable: since the Life of the infirm Person is secur'd by that bitter Remedy of Nature.

Now as for those symptoms that are wont to endanger the Patients Life, in the time of the Paroxysm; that which occurs most frequently is the Weakness and Languidness of the Stomach, with Gripings of the Guts that seem to proceed from Wind: which happens to those who have either been afflicted many years with the Gout, or have brought these symptoms upon themselves by a sudden change of spirituous Liquors for such as are thin and cooling; or by endeavouring to allay the Pain by the external application of *Repelling Plaisters*, and other cooling Remedies, by which the material cause of the Distemper, which should have been deposited on the Joints, is driven inwards upon the Entrals. I have made trial of many Remedies, in the latter Paroxysms of this Distemper, to mitigate this symptom; but I never found any thing so effectual as repeated Draughts of *Canary-Wine*

Wine, which far exceeds not only *Claret* but even *Treacle of Andromachus*, and all the Medicines that I know. But neither this Wine, nor all the Cordials in the World are sufficient to preserve the Patient without the help of Exercise.

But if some grievous symptom, occasion'd by the Regress of the morbific matter, should threaten the Patient with sudden Death; we must neither rely upon the use of *Canary Wine*, nor Exercise; but in such a case, if the Head be free, and only the Natural and Vital parts affected, we must instantly have recourse to *Laudanum*; exhibiting twenty drops of *Liquid Laudanum*, in a Draught of *Plague-water*, after which the Patient must compose himself to rest in his Bed.

If the morbific matter not being expell'd to the Joynts should cause a *Diarrhœa*, not as the *Crisis* of a particular Paroxysm; and if the Looseness should continue notwithstanding the use of *Laudanum* and Exercise, which latter must never be omitted in this case, and if it be attended with Sickness, Griping of the Guts and other symptoms; the only Remedy that I know is to procure *Sweating* by the usual Method and Medicines. This must be done morning and evening for two or three days, and the Sweating continued two or three hours; after which time the Looseness usually ceaseth, and the morbific matter falls thundering on the Joynts with extraordinary Violence. By this method I sav'd my own Life some years ago, after I had imprudently brought this dangerous symptom upon my self, by making use of Cold Water for ordinary drink, and had in vain try'd several Cordial and Astringent Remedies.

I have also sometimes observ'd another symptom, tho it does not occur very frequently, which is the Translation of the Peccant matter to the lobes of the Lungs. This happens in the Winter, when the Patient is seiz'd with a Cough, by which the matter is by degrees drawn to those parts; the Joints in the mean time being not at all, or very little troubl'd either with pain or Swelling. This is the only case in which the cure is to be carried on without regard to the Gout it self; for this symptom must be treated as a proper *Peripneumonia*, *viz.* by frequent Bleeding, and a cooling and thickning Diet and Medicines; the Blood in this case resembling perfectly that of Pleuritic Persons. Besides the Patient must be purg'd between the times of Bleeding, with *Lenitive Potions*, by which the matter that is lodg'd in the Lungs may be evacuated. But the provoking of Sweat, how effectually soever it expels the offending matter to the Joints, is in this case not only useless, but hurtful, by hardning the matter in the Lungs, which generates little Abscesses, and inevitably kills the Patient.

Moreover 'tis to be observ'd, that almost all Gouty Persons, after a long conflict with this Distemper, are at length render'd obnoxious to the *Stone in the Kidneys*, and are usually troubl'd with a Fit of that Disease, about the heighth, but more frequently in the Declension of the General Paroxysm of the Gout: by which they are not only grievously tormented, but also their strength already broken by the Gout, is much wasted and cast down. In this case, neglecting all other Remedies, let the Patient speedily

drink

drink a Gallon of *Posset*, in which two ounces of *the Roots of Marsh-Mallows* have been boil'd; and let the following Clyster be injected, *Take of the Roots of Marshmallows and Lillies of each one ounce; Leaves of Pellitory of the Wall, Mallows, Brank-ursine, and Chamomil Flowers of each one handful; Linseed, and Fenugreek Seed of each half an ounce. Boil them in a sufficient quantity of Water to a Pint and an half. Dissolve in the straining Kitchin Sugar, and Syrup of Marshmallows, of each two ounces; mix and make a Clyster.* As soon as the Patient has vomited up the *Posset*, and voided the *Clyster*; let him take a large Dose of *Liquid Laudanum, viz.* about five and twenty drops, or fifteen grains of *Matthew*'s Pills.

If any Person desire to be inform'd concerning the *External Remedies*, that are proper to asswage the pains of the Gout; I can only answer him, that tho I have made a great number of Experiments to this purpose both in my self and others, I know none that are effectual but meerly *Cooling* and *Repelling* Medicines, which nevertheless cannot be made use of without danger, as I have already intimated. And I dare boldly affirm, that the greatest part of those who are thought to dye of the Gout, are kill'd rather by the preposterous and undue use of Remedies, than by the Violence of the Distemper. But if any man resolve to try the efficacy of those External Remedies that are reckon'd infallible *Anodynes* or asswagers of Pain; let him not deceive himself, by applying them in the Declension of a particular Paroxysm, about which time the pain ceases of its own accord: but rather let him use them at the beginning of the Paroxysm,

and

and he will quickly perceive the vanity of his Hopes, and the unprofitableneſs of the Remedy; for ſuch applications are ſometimes hurtful, but never uſeful. And therefore I have abſtain'd from the uſe of External Remedies for ſeveral years. Of all thoſe that I made uſe of formerly I receiv'd moſt benefit from a *Pultis* made of *White-bread and Saffron boil'd in Milk*, to which I added afterwards a little *Oil of Roſes*; but even that alſo fail'd as often as 'twas applied in the beginning of a Paroxyſm. Wherefore if the Pain be very violent, let the Patient continue in his Bed, till it be ſomewhat abated: but if it be altogether intolerable, he may take a little *Laudanum* at Night, which otherwiſe may be better omitted.

But now that I am treating of *External Remedies*, I muſt not forget to add ſomething concerning that *Indian Moſs*, call'd *Moxa*, which of late is much renown'd for the Cure of this Diſeaſe; the affected Member being ſlightly burnt, by placing the kindled *Moxa* upon it. This Remedy is generally believ'd to have come from the *Eaſt-Indies*, and to have been formerly utterly unknown to the *Europeans*; yet that Opinion will be found to be falſe, if we examine what *Hippocrates* wrote two thouſand years ago. In that moſt Excellent Book of his *de Affectionibus*, in the fifth Section of his Works, ſpeaking of the *Sciatica*, he has theſe Words, *But if the Pain ſhall fix firmly in any one part, and will not yield to Medicines, whatſoever part the pain poſſeſſes let it be burnt with raw Flax.* And a little lower, *If the Pain continue in the Fingers, burn the Veins in the Finger with raw Flax a little above the*

Joint. I hope none will pretend that there is such a specific difference between the Flame that comes from kindl'd *Flax*, and that which comes from the *Indian Moss*, that the latter should be more effectual for the cure of the Gout than the former; no more than a Fire made of Billets of *Oak* can be said to excel that which is made of the Wood of an *Ash Tree*. This *Burning* of the affected part doth indeed promise, and may sometimes effect some Mitigation of the pain, by drawing out the thinnest and most spirituous part of the morbific matter that is already lodg'd in the Joints. But the ease that proceeds from the use of this Remedy, must needs be short and fleeting, since it doth not in the least touch that indigestion, which is the Antecedent cause of the Disease. And I need not put the Reader in mind, that it takes place only in a beginning Gout: for when either by the long continuance of the Disease, or by the preposterous and undue use of Medicines, the Gout, as it sometimes happens, seizes upon the Internal Parts, and the Patient is troubl'd with Sickness, Gripings of the Guts, and a numerous Train of such like symptoms, more than with pain; no wise Person will pretend that *Burning* can be useful.

Thus have I communicated all that I know concerning the cure of this Distemper. If it be objected, that there are *Specific Remedies* for the Gout, I shall ingenuously acknowledge my ignorance of them; and I'm afraid that these Boasters will be found to be as ignorant as my self. 'Tis much to be lamented that the most noble *Art of Physic* should be so foully contaminated with those

those vain Trifles that are impos'd upon credulous People, either by the Ignorance or Knavery of Writers: for there is hardly any Diſeaſe, in which ſomething of this kind is not extravagantly commended by ſome confident Impoſtor.

To come at laſt to a Concluſion, the method that I have here deliver'd, is founded upon the Examination of the *Phænomena* that attend the Diſtemper; and by it I have received eaſe my ſelf, and have given eaſe to others. As for the *Radical* and abſolute Cure of the Gout, by which a man might be freed even from a diſpoſition to that Diſeaſe; 'tis ſtill a ſecret, and lies hid in the undiſcover'd Receſſes of Nature. Yet I hope that in this Diſcourſe I have contributed ſomewhat to the Benefit of Mankind, by pointing faithfully to thoſe Rocks, on which ſo many men, and I among the reſt, have ſuffer'd Shipwrack; and by laying down the beſt Method that is yet known. I will not pretend to greater performances; tho from a long *Series* of thoughts, which I have been in a manner forc'd to beſtow on this Subject, I'm inclin'd to believe, that ſuch a Remedy ſhall at one time or other be found out. Which diſcovery, if ever it ſhall be made, will expoſe the ignorance of the *Dogmatic* Tribe of Phyſicians, and make it appear how notoriouſly they have been deceiv'd both in their Judgments of the Nature of Diſeaſes, and in the choice of proper Remedies. Of this we have a remarkable Inſtance in the Diſcovery of that great Specific for Intermitting Fevers, the *Peruvian Bark*. For how many Ages had the wiſeſt and moſt induſtrious Men been imploy'd in ſearching after the cauſes of thoſe Fevers, and in eſtabliſhing Me-

thods of Cure adapted to their ſeveral Theories. But how well thoſe Theories were confirm'd by the ſucceſs of the practical Methods that were founded upon them, may be learn'd from thoſe late Practitioners, who attributing the ſeveral kinds of intermitting Fevers to the Redundancy of various Humours in the Body, plac'd the Cure in the Alteration and Evacuation of thoſe Humours. And to diſcredit theſe *Hypotheſes*, it will be ſufficient to conſider the unſucceſsfulneſs of their Authors, and the happy Effects of the *Peruvian Bark*, by the help of which we obtain what we deſire, without regarding thoſe Humours, or ſo much as preſcribing a Diet; and ſeldom or never miſs of our aim, unleſs by confining the ſick Perſon, without any neceſſity, to his Bed, during the uſe of the *Powder*. Yea ſo great is the Vertue and Efficacy of that Remedy, that notwithſtanding the inconvenience of the Fevers being heighten'd by the heat of the Bed, it rarely fails to cure the Patient. In the mean time till the Diſcovery of the *Radical* Cure of the Gout ſhall be made, which all Phyſicians, and I eſpecially am bound to wiſh for, I deſire that my Endeavours may receive a favourable Treatment from the Public. If it ſhall happen otherwiſe, I am ſo well acquainted with the Humours of Mankind, that I ſhall not be much diſappointed; and the ſenſe that I have of my Duty will keep me from being diſheartened.

III.

III. *Concerning* Hysterical *and* Hypochondriacal *Distempers.*

NO Chronical Disease occurs so frequently as the *Hysterical Passion*: For, if my Calculation may be credited, as Fevers with their Attendants make two third parts of that vast Army of Diseases, which exercises a perpetual and unrelenting Hostility against afflicted Mankind; so those Distempers that are called Hysterical amount to one half of the other third part of Diseases which comprehends all those that are call'd *Chronical*. For besides, that there are very few Women that enjoy a perfect freedom from Hysterical Distempers, excepting only those that are accustom'd to hard Labour: 'tis also plain that several men who lead a sedentary Life, and grow pale over Books, are obnoxious to the insults of these Diseases. And tho the Antients unanimously attribute the whole train of Hysterical Symptoms to the Womb; yet if we compare them with those Distempers which are commonly call'd *Hypochondriacal*, and said to proceed from obstructions in the Spleen, and I know not what other Entrals, we shall find that one Egg does not more nearly resemble another, than the symptoms of those Diseases are mutually like to one another. It must indeed be acknowledg'd that Women are more frequently troubl'd with these Distempers than men; but they have no reason to blame the Womb for that misfortune;

which proceeds from other Causes, that shall be afterwards mention'd.

The Frequency and Commonness of this Disease is not more remarkable, than that prodigious variety of its symptoms, by which it imitates almost all the Distempers that wretched Mortals are plagu'd with. For whatsoever part of the Body is affected by it, the symptoms that are peculiar to that part are immediately produc'd. And if the Physician be not endu'd with a large stock of sagacity, as well as of skill in his Art, he may be easily deceiv'd, in imagining that to be a symptom of some Essential Disease in the part that appears to be affected, which is only an effect of the Hysterical Passion.

Thus when the Disease exerciseth its fury in the *Head*, it produces an *Apoplexy*, which ends in a *Hemiplegia*, or Resolution of one half of the Body, and perfectly resembles that sort of Apoplexy, which infests aged and corpulent Persons; tho it seems to proceed from a different Cause. For, whereas in other Persons it is occasion'd by Phlegm or Pituitous Humours stagnating in the *Cortex* of the Brain, and intercepting the passage of the Animal Spirits: in Hysterical Women, whom it frequently assaults immediately after the birth of a Child, and the voiding of a great quantity of Blood, it is caus'd either by hard labour in travelling, or by some vehement Commotion of the Mind.

At other times it produces dreadful *Convulsions*, resembling the *Epilepsy*, the Belly and Entrails swelling upwards toward the Throat, accompanied with such violent strugglings, that even Women of a very moderate degree of strength can hardly be master'd

maſter'd by the utmoſt endeavours of the by-ſtanders; the Patient, in the mean time, ſhrecking and bellowing and beating her Breaſts. Thoſe that are obnoxious to this *Species* of the Hyſterical Paſſion, which is commonly call'd the *Suffocation of the Matrix*, are for the moſt part of a more than ordinarily ſanguine Conſtitution, and Maſculine Habit of Body.

Sometimes the Diſtemper ſeizes on the *external part of the Head* between the *Pericranium* and Skull, cauſing an almoſt intolerable pain, which remains fixt in one place, not exceeding the breadth of ones Thumb, and is accompanied with prodigious Vomiting. This is that which I call *the Hyſterical Clavus*; and it chiefly infects thoſe that are troubl'd with the *Green-Sickneſs*.

Sometimes the force of this Diſeaſe falling on the *Vital Parts*, occaſions ſuch a violent *Palpitation of the Heart*, that the Patient is firmly perſwaded that the noiſe which her Heart makes by knocking againſt her Ribs muſt be heard by all thoſe that are about her. This kind of the Hyſterical Paſſion uſually aſſaults Women of an infirm Conſtitution and thin Habit of Body, and Virgins that are trobul'd with the *White-Fever*.

Sometimes it poſſeſſes the Lungs, in which caſe the Patient coughs almoſt without ceaſing, and raiſes nothing. 'Tis true that ſort of Cough which is call'd Convulſive is more Violent, but the Exploſions, in this, are much more frequent. This ſort of *Hyſterical Cough* is very rare, and chiefly invades Flegmatic Women.

Sometimes the Tragedy is acted in the Gut call'd *Colon*, and in the parts under the *Hollow of the Breaſt*. The Patient is ſeiz'd with an intole-

rable pain, not unlike to the *Iliac Passion*, accompanied with immoderate Vomiting; the matter that is cast up is green, resembling that sort of Choler which takes its Name from *Leeks*, or of some other unusual colour. And it happens frequently, that after the wretched Patient has for several days suffer'd such Violent Torments, as were enough to baffle the insensibility of a very *Stoic*, besides a continual desire to Vomit; the Paroxysm is at last terminated in a deep *Jaundice*, the whole surface of the Body being ting'd of a *Saffron* Colour. In the mean time the miserable Creature will not admit of the least hope of Recovery: and I have observ'd, that this despondency of mind, or rather *Despair*, is as constant an attendant of this *Species* of the Hysterical Passion, as either the Pain, or Vomiting. To be thus cruelly tormented falls commonly to the Lot of such as have a loose and raw Habit of Body, or have brought forth Children of a remarkable bigness, to the Prejudice and Impairment of the Natural Principles of Life.

Sometimes the Disease attacks one of the *Kidneys*, causing a most fierce pain, and imitating a *Fit of the Stone*, not only in the nature and place of the pain, but also in its being attended with dreadful Vomiting, and even sometimes the pain stretches along the passage of the *Ureters*. So that 'tis very hard, to distinguish, whether those symptoms be occasion'd by a Stone lurking in the Kidneys, or are only the effects of the Hysterical Passion; unless we be taught to conclude the latter by the Relation of the Patients having been disorder'd by some afflicting Accident

dent a little before the Diſeaſe began to appear, or by its being accompanied with the Vomiting of green matter: nor is the *Bladder* exempted from the aſſaults of this fallacious Diſtemper, which cauſes not only a pain in that part, but even a ſuppreſſion of Urine, when the Paſſages are not in the leaſt obſtructed by a Stone. This kind of Hyſterical Diſtemper is indeed very rare; but that which affects the Kidneys happens more frequently. Both ſorts are wont to moleſt thoſe Women whoſe ſtrength has been already much waſted by repeated Hyſterical Paroxyſms, and the Health of their Bodies broken and decay'd.

When the Diſeaſe falls upon the *Stomach* or *Inteſtines*, the Patient is troubled with continual *Vomiting* nor with a *Diarrhœa*. Either of theſe Symptoms is attended with pain, but they are both very often accompany'd with that Vomiting of Green matter mention'd before; infeſting chiefly thoſe that have been weaken'd by frequent Paroxyſms.

Sometimes alſo the *External* parts of the Body, and the Muſculous Fleſh are affected; and the Diſeaſe ſeizing on the *Jaws*, *Shoulders*, *Hands* or *Legs*, produces ſometimes Pain and ſometimes Tumours. The ſwelling of the Legs is moſt remarkable, and may be eaſily diſtinguiſh'd from a Dropſy, by the abſence of theſe two Signs which are always obſervable in Hydropical Swellings, *viz.* the Encreaſe of the Tumour at night, and the laſting Impreſſion that is made by thruſting ones Finger againſt the ſwoln Part. Beſides when the ſwelling depends upon the Hyſterical Paſſion, it commonly poſſeſſes but one

of the Legs: In all other respects, this Symptom doth exactly resemble the Dropsy.

The very *Teeth* (which is hardly credible) cannot escape the Fury of this Distemper; and even when there is not the least Hollowness in them, nor Defluxion of any Humour, yet the Pain is as violent and obstinate as that which proceeds from an evident Cause. These Pains and Swellings are usually observ'd to seize on those miserable Women, who can hardly be said to enjoy that small pittance of Life and vigour that the Disease has left to them, by reason of the Frequency and Violence of the Paroxysms.

But among all the tormenting Symptoms of this Distemper, there is none that attends it more constantly than a *Pain in the Back*, which is its inseparable Companion. And one Common effect of all those forementiond pains is, that they leave such a tenderness in what ever part of the body they possess, as if it had been beaten with a Rod, insomuch that the Patient cannot endure to be touch'd; but the soreness insensibly vanishes.

And 'tis very worthy of our observation, that all these symptoms are not unfrequently usher'd in by a remarkable *Coldness of the Extremities of the Body*, which for the most part lasts as long as the Paroxysm. And I have several times found this Coldness to be little less intense than that of a dead Carcass, tho the Pulse in the mean time continu'd to beat regularly.

I have also observ'd in almost all the Hysterical Women who committed themselves to my care, that they complain'd of a certain *Failing*

or (to use their own Phrase) *Sinking of their Spirits*; which they felt about the Region of the Lungs.

'Tis a common observation concerning those Women that are subject to this Distemper, that they are wont to burst out into immoderate *Laughter*, or *Tears*, without any manifest cause.

But the most peculiar and almost inseparable Symptom of this Disease, is the clearness of the *Urine* which from time to time the Patients void in great abundance. And I have learn'd by particular Enquiries, that this is the distinguishing sign of those Distempers which in Males we call *Hypochondriacal*, and in Women *Hysterical* Diseases. I have also observ'd some Instances of Men, who having voided Urine of a Citron colour, and their mind happening to be agitated by some violent Commotions, did instantly, and almost the very next moment emit a great quantity of Urine not inferior to Crystal in Clearness, continuing indispos'd till their Urine resum'd its former Colour at the end of the Paroxysm.

Besides when these Distempers are of long standing, both Hypochondriacal and Hysterical Persons are troubl'd with stinking Wind arising from the Stomach after Meals, tho they have eaten but moderately and suitably to their Appetites: And now and then, they bring up something that is *Sowre* like Vineger.

Nor doth their Unhappiness only consist in the Ruinous and tottering condition of their Bodies. For *Despair*, that incurable Distemper of their minds, possesses them so absolutely, that they cannot endure the least Insinuation to be made of the Possibility of their Recovery. They fancy

fancy themſelves to be obnoxious to all the miſeries that are incident to Humane nature, and torment themſelves with diſmal preſages of the moſt calamitous Events. They yield themſelves up a Prey to the moſt tyrannizing Paſſions, ſuch as Anger, Jealouſy, Suſpicion, *&c.* and harbour thoſe cruel Deſtroyers of their Repoſe in their reſtleſs Breaſts. They are Strangers and even Enemies to Joy, Hope, and Gladneſs. Thoſe chearful Gueſts are very rarely admitted, and never long entertain'd by them; yea their minds are no leſs diſturb'd by theſe, than by the blacker Train of Paſſions. They obſerve not Mediocrity in any thing, and are conſtant only in Irreſolution. Now they love one to exceſs, and inſtantly they hate the ſame perſon as immoderately. They reſolve in one inſtant to execute ſome deſign, and in the next, they make another (and perhaps contrary) Reſolution. That which the *Roman Orator* ſays of ſuperſtitious Perſons may be fitly applied to theſe Melancholic Creatures. *Sleep ſeems to be the Refuge of diſtreſt and anxious Wretches; but it fills theſe with Cares and Fears.* They dream of nothing but Sepulchers, and of the Ghoſts of their dead Friends. Thus they are tormented in Body and Mind; and their whole Life ſeems to be a kind of Purgatory for the Expiation of ſome grievous Crime committed in a former ſtate. Nor doth this happen only to Mad and Furious Perſons, but even to ſuch who in all other reſpects are prudent and judicious, and in the Profoundneſs of Contemplation and Wiſdom of Speech, far exceed thoſe whoſe minds have not been enur'd to Thoughtfulneſs. So that *Ariſtotle* had reaſon

to

to maintain, that the moſt ingenious Men are ſubject to *Melancholy*.

But this Deſcription of ſo deplorable a Condition of mind, agrees only to thoſe who after a long Combat with the Diſeaſe, are at laſt vanquiſh'd by it; eſpecially when a *Series* of unlucky Events, Grief, Care, earneſt Application of the Mind to Study, *&c.* continue to throw freſh Oil upon the Flames.

The *External Cauſes* of this Diſeaſe, are either violent motion of the Body, or more frequently, vehement Agitations of the Mind by the Aſſaults of Grief, Anger, Fear, and ſuch like Paſſions. And therefore when my Advice is demanded by a Woman, concerning a Diſeaſe whoſe nature I cannot diſcover by the Aſſiſtance of the vulgar Axioms, I obſerve always to enquire carefully, whether her Diſtemper is not exaſperated as often as her mind is diſtu.b'd by Paſſions; and if ſhe return an affirmative Anſwer, I am abundantly ſatisfied that her Diſeaſe belongs to that ſet of Diſtempers, which are the Subject of my preſent Diſcourſe, eſpecially if that Sign be confirm'd by the other which I formerly mention'd, *viz.* the voiding of large quantities of Urine at certain times. To theſe commotions of the Mind, which are the moſt uſual Antecedent Cauſes of this Diſtemper, I may add the Emptineſs of the Stomach after a long Faſting, immoderate evacuations of the Humours or Blood, the violent Operation of too powerful Medecines, *&c.*

Having finiſh'd the *Deſcription*, I ſhall in the next place conſider the *Internal Efficient Cauſe* of this Claſſis of Diſeaſes, which according as they

they affect Men or Women, are call'd either *Hypochondriacal* or *Hysterical*. And after a strict examination of all the various Symptoms & Circumstances with which they are attended, I am perswaded that they proceed from the Irregular motions of the Animal Spirits, which rushing violently, and in great bands upon the Parts that are endu'd with a quick sense, produce Convulsions and Pain; and at the same time the Functions of the Organs of the Body are perverted, both of those that are over-run by the tumultuary Spirits, and those that are depriv'd of their Influence; the whole Oeconomy of Nature being disorder'd by the unequal Distribution of the Spirits.

The *Antecedent Cause* of these Irregular Motions of the Spirits consists in Native or Adventitious Weakness of their Contexture, on the score of which they are apt to be dissipated by every accident, and their frame entirely broken. For as the *Outward* and *Visible Man* is compos'd of sensible parts; so there is an *Internal Man* that consists in the orderly constitution of the Spirits, and can only be discern'd by the Light of Reason. Now this being intimately join'd and united to the Temperament of the Body, is more or less easily disturb'd and overturn'd, according to the strength of those principles that Nature has bestow'd upon us; which is the Reason that Women are more obnoxious to these Diseases than Men, as being endu'd with a finer and more delicate Constitution of Body than Men, who are fitted by Nature for a more laborious and active Life.

That

That this is the true cauſe of theſe diſtempers, I might eaſily evince by running over the various Symptoms and *Phænomena*, that have been already deſcrib'd; and at the ſame time demonſtrate, that they do not proceed either from the Corruption of the Seed, or Menſtrual Blood, and the Elevation of malignant Vapors from thence to the affected parts, or from I know not what Depravation of the Juices, or Accumulation of ſharp Humors. But, I ſhall proceed to the *Cure*.

'Tis evident from what has been ſaid, that the Phyſician that undertakes the Cure, ſhould make it his principal Aim to corroborate the Blood, which is the Spring and Fountain of the Spirits: that ſo the Spirits being envigorated, may be preſerv'd in ſuch a frame as is moſt agreeable to the Oeconomy of the whole Body, and the particular contexture of its parts. But ſince the Humors are vitiated by the long continuance of theſe diſorders of the Spirits, it will be convenient to leſſen that corrupt matter by Bleeding and Purging, before we proceed to the corroborating of the Blood; if the Patient be able to bear theſe Evacuations. For 'tis almoſt impoſſible to effectuate the main deſign of envigorating the Blood, ſo long as the corrupt maſs of humours remains entire to fruſtrate all our Attempts. But ſince ſometimes the Patient is ſo cruelly tormented with *Pain*, *Vomiting* or *Looſeneſs*, that he is not able to ſubſiſt till the principal ſcope of the Cure be regularly purſu'd; 'tis neceſſary in ſuch a caſe to begin by mitigating the Symptoms with *Anodyne*, or Compoſing Medicines, the cauſe being for ſome time neglected;

and

and in the next place we must proceed to prevent the return of these symptoms by rectifying the Spirits, the Weakness of whose Constitution is the cause of the disease. And since we are taught by experience, that there are various Remedies, which by a stinking Exhalation curb and repel the tumultuary Spirits, and are therefore called *Hysterical*; we must not forget to have recourse to their Assistance, during the whole progress of the Cure.

In pursuance of those Indications, I order a Vein to be open'd in the Arm, and then prescribe a purging Medicine to be taken every morning for *three* or *four* days. During which time the Patients are so far from receiving any benefit by those Evacuations, that new Commotions are rais'd, and they seem to be in a worse condition than ever: And therefore I take care to forewarn them, not to be discouraged at the usual effect of their distemper. However, 'tis certain, that those corrupt humours must be lessened in some measure, before we can conveniently begin to prosecute the main design of the Cure.

After these Evacuations, I proceed to comfort and strengthen the Blood, and consequently the Spirits that are generated out of it; in order to which I prescribe the use of *Steel* to be continu'd *thirty days*, than which there is not a surer Remedy for this Distemper in the world; for it enlivens the Mass of Blood which before was languid, and quickens it with a certain volatil Fermnent, by which the drooping Spirits are awaken'd, and shake off that Numness with which they were oppress. Nor is it always necessary, or even convenient, to premise

Bleeding

Bleeding and Purging before the use of this Remedy; for if the Patient be very weak, these may, and ought to be omitted.

The best way of giving *Steel* is, in my opinion, to exhibit it *in substance*; and as I never either heard or observ'd, that it produc'd any ill effect, being given after that manner; so I am assur'd by experience, that the bare substance of *Steel* performs the Cure of this distemper more certainly and speedily, than any of those preparations of it that are commonly us'd. And I have heard, that even the crude Ore, as it is dug out of the Earth, doth cure Diseases more effectually, than after it hath been purify'd by the fire. Next to *Steel in substance*, I prefer the *Syrup* before all the other preparations of it: Which is made by *infusing the Filings of Iron or Steel in cold* Rhenish *Wine, till the Wine be sufficiently impregnated, after which the strain'd Liquor must be boil'd with a convenient quantity of Sugar to the consistency of a Syrup.*

I am of opinion, that in this Disease, Cathartic Medicines obstruct the operation of Steel; and therefore I cannot approve of the common method of prescribing Purgative Medicines, to be repeated at certain intervals, during the use of that Remedy. For seeing my principal design is to reduce the Spirits to order, and to re-establish and corroborate their contexture, the most gentle Purgation would in *One* day, undo all that I had been able to perform in *Eight* by the use of Steel. And the same Custom having also prevail'd in the use of Mineral Waters, that are impregnated with Iron, I am perswaded that it makes their Operation less effectual. I

am

am not ignorant that ſome perſons have been cured by this Method; but that is rather an argument of the great efficacy of the Steel, than of the Prudence of their Phyſicians; ſeeing the Cure might have been perform'd more ſpeedily without theſe repeated Purgations.

If it be objected, that the *Filings of Steel* may ſtick to the Guts, and produce ill effects, unleſs they be prevented by adminiſtring purgative Medicines from time to time: I anſwer, that I never perceiv'd thoſe ill conſequences in any of my Patients; and I maintain further, that 'tis much more probable, that the Steel being entangled in the ſlime and excrementitious humors of thoſe parts, ſhould be voided at laſt together with theſe; than when 'tis agitated by Cathartics, which occaſion Contractions and Gripings of the Guts; for thus the particles of the Steel may be driven into the Coats of the Inteſtines.

In the mean time, during the uſe of the Steel, we muſt not neglect thoſe Remedies that are commonly call'd *Hyſtericals*; which muſt be preſcrib'd after ſuch a manner as may be moſt agreeable to the Patient. But 'tis to be obſerv'd that thoſe Medicines that are of a ſolid conſiſtency are a great deal more effectual, and do more powerfully curb the Spirits, than ſuch as are Liquid, whether in Decoction or Infuſion.

In ſhort, for the accompliſhing of all the above-mention'd Indications, I uſually preſcribe thoſe few and ſimple Remedies; which tho they are not pompous and magnificent, are uſually effectual and rarely fail to anſwer my Deſires and Expectations. *See the Preſcriptions, page 6.*

Sometimes

Sometimes the use of Chalybeat Medicines raiseth great Disturbances both in the Mind and the Body, and that not only in the beginning, but even during the whole Course. Yet the Remedy must not be instantly laid aside, but that the Patient may endure it with less trouble, it will be convenient for her to take a Dose of *Laudanum* mixt with some *Hysterical* Water, and repeat the same every night, for some time.

But when the Symptoms are not so violent, as to require the taking of Steel; I usally observe this Method. After the Patient has been once let Blood, and purg'd three or four times, I prescribe the Hysterical Pills, (*See Page 9.*) to be taken morning and evening for ten days together. Thus I seldom fail to cure the Patient: And even the Hysterical Pills alone, without Bleeding or Purging are often very effectual in this Case.

There are some Women who by a peculiarity of Nature, are so averse from *Hysterical* Remedies; that not only they receive no benefit, but are often much prejudic'd by them. We must not therefore disturb Nature, by persisting in so hurtful a Method. And truly these secret Antipathies occur so frequently, and are sometimes so strong, against these and many other Remedies, that the neglect of them cannot but be very dangerous. I shall only alledge one Instance to confirm what hath been said. There are some Women, who when they are sick of the Small-Pox, cannot bear the use of *Syrup of Meconium*, without being seiz'd with Vomiting, Swimming of the Head, and other Hysterical Symptoms;

Symptoms; and yet at the same time can take *Liquid Laudanum* both safely and with advantage. I had occasion very lately to prescribe *Syrup of Meconium*, for a certain noble Maid who was sick of the small Pox, which she took on the sixth and seventh nights of her Illness, and after each Dose was troubl'd with the abovemention'd Symptoms, the Inflamation of the Pox being also stopt or retarded; but afterwards when she made use of *Laudanum*, she was freed from all these symptoms, the Swelling of her Face, and of the Pox was daily augmented, and that Anxiety and Unquietness both of Mind and Body, which may be call'd the paroxysm of the Small Pox, was entirely dispell'd by the repeated Doses of the Composing Remedy.

After this manner not only the *Hysterical Passion*, but almost all the *Obstructions of Women*, as they are usually called, may be cured, especially the *Green Sickness*, and *Suppression of the Courses*. But if at any time the Steel should prove ineffectual, the patient must be sent to the *Mineral Waters* that are impregnated with Iron-Oar, such as these at *Tunbridge*, and others lately found out. The Chalybeat Virtue of those Waters, both because of the large quantities of them that are drunk, and their Agreeableness to Nature, is more thoroughly mixt with the Blood, and more certainly quells the Disease than all the most exalted preparations of Steel.

But above all, this caution is to be observ'd, during the drinking of the Waters, that if the Patient be seiz'd with any sickness, that may be thought to proceed from the Hysterical Disease, she must abstain from drinking the Waters for a day

day or two, till that Symptom disappear, which otherwise would hinder the passage of the Waters. 'Tis true indeed, that these Waters are less apt to agitate and disturb the Humours and Spirits, than even the most gentle Cathartics; yet they do in some measure produce the same effect by their Diuretic quality, and besides they are often purgative. If then the Waters themselves by disordering the Humours and Spirits do sometimes obstruct their own passage; how unreasonably must they be suppos'd to act, who order their Patients to be purged twice or thrice every week during the use of the Waters; or, which is still more ridiculous, prescribe purging Medicines to be mixt with the Waters.

But if the utmost Efficacy of the Iron-Waters be not sufficient to overcome the Stubbornness of the distemper, our next recourse must be to *Hot Sulphureous Waters*, such as those at *Bath*; which the Patient must *drink* two days, and *bath* in them the third, continuing after this manner to drink and bath by turns for two whole months. For the sick persons must persist in this course, not only till the Symptoms be mitigated, but till they be out of danger of a Relapse, and their Healths perfectly restor'd.

Even *Treacle of Andromachus* alone, if it be long and frequently us'd, is a very powerful Remedy for this Disease; and not for it only, but for many others that proceed from the Defect of Heat or Concoction, it is perhaps the most noble Remedy that ever was invented, tho slighted by many for its Commoness and Antiquity.

If

If the Patient be not of a thin and choleric Habit of Body, it will be very convenient for her, thrice a day, to take a few spoonfuls of an *Infusion of Gentian, Angelica, Wormwood, Centaury, and the yellow part of the Rind of an Orenge, made in* Spanish *Wine.* And I have often, and with good success, prescrib'd a large draught of that Wine by it self to be drunk at night by Hysterical Women, who in a short time have grown strong, lively and chearful.

Besides, the *Peruvian Bark* is sometimes us'd with wonderful Success, for the strengthening and Invigorating of the Blood and Spirits. And I have observ'd that several *Hypochondriacal* Men and *Hysterical* Women who had been long and dangerously ill, and were much weaken'd and disorder'd by the Disease, have been restor'd to a sound and vigorous Constitution of Body only by taking *a scruple of the Bark every Morning and Evening for some Weeks.* And this Remedy is not more effectual in any sort of Hysterical Distemper, than in that which is accompanied with *Convulsions*, the Patient struggling violently, and beating her Breast. Yet it must be acknowledg'd, that it doth not so infallibly cure these Diseases, as *Intermitting Fevers.* I cannot forbear on this occasion to take notice of the undeserv'd fate of this illustrious and almost miraculous Remedy; which now is as much hated and oppos'd, because it is attended with so certain and speedy success in the cure of Diseases as it was formerly for its Novelty and Strangeness in these Countries. But the most [illegible] Men, as well as Medicines, do rarely meet with a better treatment from the ungrateful World

But

If any of the above mentioned Remedies ſhall be found not to agree with the Patient's Conſtitution, as it often happens to Choleric and Lean Women, a Milk Diet may be preſcrib'd. For ſome Women that have been long troubl'd with the Hyſterical Paſſion, after all the ſucceſsleſs Endeavours of their Phyſicians to conquer the Obſtinacy of the Diſtemper, have been reſtor'd to Health by uſing a ſtrict Milk Diet for ſome time: Thoſe eſpecially that were troubl'd with that kind of the Diſeaſe, which I call the *Hyſterical Colic*; who had long accuſtom'd themſelves to repeated Doſes of Narcotic Medicines, the pain ſtill returning aſſoon as the Force of the Remedy was ſpent. But that which is moſt ſurpriſing in this Method of Cure, is this, that the Spirits are corroborated and invigorated by the uſe of Milk, which yet affords a very raw and cold Nouriſhment. Yet this will neither ſeem uncredible nor unreaſonable to one that ſhall conſider how much more eaſily Nature is able to digeſt ſuch ſimple Nouriſhment, than that which is generated from compounded Meats and Liquors: and that an equality of temperament in the Blood and Spirits is a neceſſary conſequence of ſo perfect a Concoction. Beſides it may be obſerv'd, that 'tis not the bare weakneſs of the Spirits conſider'd abſolutely, but with reference to the State of the Blood that occaſions thoſe Diſorders which the Patients ſuffer. For the Spirits of an Infant may be endu'd with a ſufficient degree of Strength and Firmneſs, in proportion to its Blood; but not ſuted to the Conſtitution of the Blood of an adult Perſon. Now, tho it muſt

be

be acknowledg'd that Milk is a weak and raw ſort of Food, yet ſince by the conſtant uſe of it, the Blood is made more ſoft and tender, if ſutable Spirits be generated out of it, things muſt be in a good poſture. But notwithſtanding of all the Advantages of ſuch a Diet, there are ſome who are not able to maſter thoſe Inconveniencies, which it uſually occaſions when they firſt begin to drink it; namely, its coagulating in the Stomach, and inſufficiency to preſerve the Body in a due meaſure of ſtrength and vigor.

But after all, I know nothing that doth ſo powerfully ſtrengthen and corroborate the Blood and Spirits, as long, frequent, and almoſt daily *Riding*. For in this kind of Exerciſe the main force of the Agitation falls on the Lower Belly, in which the Veſſels that are appointed by Nature for the Evacuation of the Excrementitious parts of the Blood, are ſituated. And therefore, what depravation of the Functions, or defect of the Organs can be ſuppos'd or even imagin'd; that will not yield to ſo many thouſand daily repeated Shocks? And what preternatural Subſtance, or peccant Juice can ſtick ſo faſt, or be lodg'd ſo deep in any part of the Body; that may not either be reduc'd to a ſtate agreeable to Nature, or diſſipated and expelled by the frequent uſe of this Exerciſe. Beſides the whole Maſs of Blood is renewed and invigorated by this perpetual Motion, which agitates and throughly mingles all its parts. This Method is indeed leſs proper for Women, that are accuſtom'd to a lazy and ſedentary Life; but it is very convenient for Men, and exceeds all other Remedies whatſoever. I might confirm this

Aſſertion

Assertion by the Relation of a very memorable Cure, which I perform'd, by this Method, in the Person of a *Reverend Prelate of this Land.* Who after an immoderate Application of his mind to Study and Serious Contemplations falling into an *Hypochondriacal Distemper*, by which all the Ferments of his Body were deprav'd; and having in vain past through several tedious courses of Chalybeat Remedies, and repeated Purgations, and with the same ill success having try'd almost all the various sorts of Mineral Waters, Antiscorbutic Medicines and Testaceous Powders, was at last seiz'd with a *Colliquative* or *Melting Looseness.* He was in this desperate Condition, when by my advice, he was perswaded to prove the admirable efficacy of this exercise: In which he persisted for several Months, till having, by his own Relation, rode some Thousands of miles, he not only recover'd his former Health, but also acquir'd a Sound and Vigorous Habit of Body.

This is the General method of curing these Distempers, which obviates their Original Cause; *viz.* The Weakness of the Temperament of the Blood; and therefore takes place only in the Intervals between the Paroxysms. But if the Fit be attended with some violent Symptoms, that threaten present danger if not speedily prevented, we must instantly have recourse to *Hysterical* Remedies, which by the strong and stinking Smell that they send forth, are wont to repel the Disorderly and Vagrant Spirits, being either taken inwardly, held to the Nose, or outwardly apply'd; such as *Asa fœtida, Galbanum, Castoreum, Spirit of Sal Armoniac*, &c.

If the Paroxysm be accompany'd with an unsufferable Pain in any Part of the Body, or with a violent *Vomiting* or *Looseness*: Besides the Hysterical Remedies, *Laudanum* must be made use of, which only is able to quell those Symptoms.

But unless the Pain that occasions the Vomiting be altogether intolerable, neither *Laudanum* nor any other Composing Medicine must be exhibited, without premising convenient Evacuations. For sometimes there is a vast quantity of Blood and Humours accumulated in the Body, which will certainly hinder the Operation of the most powerful Quieting Remedy. Besides I can testify from manifold Experience, that they who accustom themselves by degrees to the use of *Laudanum*, without premising necessary Evacuations, are oblig'd to repeat the use of the same Remedy, to prevent the Return of the Pain after the Virtue of the former Dose is spent, and to continue after the same manner for several years, augmenting the Doses gradually, which they cannot abstain from, tho it depraves all the Concoctions, and weakens the natural Functions: Yet I must acknowledge, that I do not think that the use of *Laudanum* is immediately hurtful to the Brain, Nerves, or Animal Faculties. If therefore the Patient be of a Masculine Habit of Body, or of a Sanguine Constitution, a Vein must be open'd and a Purging Medicine administer'd; especially if she has been long free from the Insults of the Distemper. But if she be weak, and of a tenderer Constitution, and has been lately troubl'd with the same Symptoms, it will be sufficient that her Stomach be wash'd, by drinking a Gallon of Posset, more or less, and

vomiting

vomiting it up immediately; after which let her take a large Doſe of *Treacle of Andromachus* or *Orvietan*, and drink after it a Draught of ſome ſpirituous and not unpleaſant Liquor, with a few Drops of *Laudanum*. But if the Patient has been already troubl'd with Vomiting ſome conſiderable time before the Phyſician's coming and he has reaſon to fear that a Vomitive Medicine would irritate and enrage the Spirits, and extremely weaken the Patient, he ought to exhibit *Laudanum* without delay, and ſo to proportion the Number and Quantity of the Doſes to the Duration and Violence of the Symptom, that the Remedy may be equal, or rather ſuperior to the Diſeaſe.

To what hath been ſaid concerning this Caſe, I ſhall add two very important Remarks. Firſt, when after neceſſary Evacuations you proceed to the uſe of *Laudanum*, you muſt continue to repeat the Doſes till the Symptom diſappear; interpoſing convenient ſpaces between the Doſes, that you may be able to perceive the effect of one, before you give another. And Secondly, during the uſe of that Remedy, you muſt abſtain from all manner of Evacuations: For even the gentleſt Clyſter of Milk and Sugar, might deſtroy all that the *Laudanum* had done, and recal both the Pain and Vomiting.

'Tis not *Pain* only that indicates the uſe of *Compoſing Medicines*; enormous *Vomiting* requires alſo large and often repeated Doſes of them. For the *Periſtaltic* motion of the Stomach (by which its Contents ſhould be thruſt downwards) being inverted, the Medicine is caſt forth through the Gullet, before it can exert its force, unleſs a

new dose be given after every Vomiting, and especially in a solid form: or if it be administred in a Liquid form, the Vehicle ought to be so small, that it may only wet the Stomach, and that its being cast up again may be prevented: For example, *a few drops of* Laudanum *may be given in a Spoonful of strong Cinnamon Water.* The Patient must be also admonish'd to rest quiet after she has taken *Laudanum*, and especially to keep her Head unmoved, the least motion of which is apt to bring on a new Fit of Vomiting. And to prevent a Relapse, 'twill be convenient to exhibit a Dose of the Quieting Medicine every morning and evening for some time after the Desire to Vomit ceases: Which is also to be observ'd in the case of *Hysterical Pains* and *Looseness*.

I have already tak n notice of the Fallaciousness of this Distemper, which is sometimes so great, that 'twill require all the Care and Sagacity of the most skilful Physician, to distinguish it from those Diseases which it resembles so nearly; such as the *Stone*, and *Colic*, which proceed from different Causes, and require a very different Method of Cure. And I am certainly perswaded that there is no other Case in which the Mistakes of a Ph sician are more fatal and destructive to the Patient.

There is also another very dangerous Error which Women in Child-bed are frequently guilty of, and are thereupon seiz'd with this Disease, at a time, in which, tho it be not absolutely mortal, yet it often proves fatal on the Score of its direful Consequences For I believe that of all those who die in Childbed, scarce the tenth Woman, by a modest Computation, perishes either

by the cruelty of the Pains of Travailing, or for want of ſtrength to undergo them. But the fatal occaſion of ſo many Deaths is this; the Sick Woman leaving her Bed too ſoon, is upon the firſt Motion of her Body ſeiz'd with Hyſterical Fits, which ſtop the *Loches*, and are afterwards follow'd by a numerous Train of deadly Symptoms. Wherefore, thoſe that will be govern'd by my advice, I confine to their Beds during the firſt *Ten days* at leaſt after their Delivery, if they are naturally Weak, or have been formerly ſubject to (what they call) Vapours. For beſides that the Reſt which they enjoy in their Beds preſerves them from the above-mention'd Symptoms; the uninterrupted Heat of the Bed cheriſhes the Spirits that have been broken and exhauſted by the Pains of Travailing, and by the Evacuations that uſually happen at ſuch times; and alſo aſſiſts Nature by digeſting and diſpelling all thoſe Crudities that the Woman had gather'd, during the time of her being with Child. Concerning the cure of *Suppreſſion of the Loches*, *See page 95*. But obſerve, that 'tis the duty of every prudent Phyſician, after the proper Remedies have been ſparingly adminiſter'd to expect what time will produce, for the Danger grows leſs daily, and if the Patient paſs the *Twentieth day* ſhe is almoſt ſecure. Beſides, after ſhe has recover'd a little ſtrength, ſhe will be better able to endure a convenient Method of Cure; whereas by overwhelming Nature with a Load of Medicines at the Beginning, not only the Cure is not promoted, but even the Diſeaſe and its Cauſe, *viz.* the Perturbation of the Spirits may be augmented. This is a very important Remark,

which I conſtantly obſerve, not only in this, but in all Acute Diſeaſes, which I cannot promiſe to Cure by any certain Method.

But beſides the Original Cauſe of this Diſeaſe, which is the *Native* Weakneſs of the Spirits; it is alſo frequently occaſion'd by an *Adventitious* Weakneſs of them, proceeding from the *Immoderate Flowing of the Courſes*, either after the Birth of a Child, or indifferently at other times. Concerning the latter caſe, *See page* 53, and concerning Child-bed Purgations, *See page* 58.

Another but leſs frequent Cauſe of Hyſterical Diſtempers is the *Falling down of the Womb*, concerning which ſee page 44.

IV. *Con-*

IV. *Concerning the Dropſy.*

PEople of all Ages and both Sexes are ſometimes troubl'd with this Diſtemper: Yet Women are more obnoxious to it than Men. It commonly aſſaults Men of a Declining Age, and Women after they have left off bearing Children, tho it ſometimes ſeizes on barren Women while they are yet young. The Dropſy is firſt diſcover'd by the Pits, remaining in the lower Parts of the Legs after they are preſt with ones Finger, which are eſpecially conſpicuous at night, but diſappear in the morning. Yet this is not ſo certain a ſign of a Beginning Dropſy in Men, as in Women: For the ſame ſymptom is frequently obſerv'd not only in Women with Child, but even in thoſe who upon any occaſion ſuffer a ſuppreſſion of their Courſes. Neither are theſe Swellings an infallible ſign of the Dropſy in men: for if an Old man, of a full Habit of Body, be ſuddenly, and in the Winter, freed from an *Aſthma*, with which he hath been troubl'd ſeveral years, a great Tumour inſtantly ſeizes on the muſcles of the Legs, like to that in a Dropſy, and after the ſame manner riſeth to a greater height in the Winter than in the Summer, and in Rainy than in Fair weather; and yet without creating any remarkable inconvenience to the Aged man, it will accompany him to his Grave. But generally ſpeaking, the ſwelling of

the Legs, even in Men may be accounted as a foregoing ſign of the Dropſy, which daily encreaſing, till the Feet not being able to contain a greater quantity of Water, it ruſhes firſt into the Legs, then into the *Abdomen*, which by degrees is extended to its utmoſt capacity by the *Serum* that perpetually falls from the Blood: inſomuch that it is often obſerv'd to contain ſeveral Gallons of Water.

In the mean time the Diſeaſe is accompany'd with three ſymptoms. 1. *A Difficulty of Breathing*, caus'd by the Waters which preſs upon the Diaphragm, and hinder its natural motion. 2. *Voiding a leſs quantity of Urine than uſually*, the *Serum* which ſhould have been expell'd by the urinary paſſages, being now lodg'd in the *Abdomen*, and other parts. 3. *Intenſe Thirſt*, proceeding from the putrefaction of thoſe ſeroſities, which contract Heat and Sharpneſs by their long ſtay in the body, from whence it comes to paſs, that the ſick perſon is alſo troubled with a ſort of Fever.

As the bulk of the affected parts encreaſes, the other parts grow proportionably leaner and more ſlender; and at laſt the Waters breaking forth out of the *Abdomen*, the nobler Entrals are drown'd by the Inundation, and the Patient ends his wretched days.

The cauſe of this Diſeaſe, in general, is the *Weakneſs of the Blood*, which not being able to aſſimilate the Nouriſhment that is brought into it, is forc'd to throw it off to the extreme and hanging parts of the body, and then to the *Abdomen*, where Nature frames little Bladders to receive it, till encreaſing to a prodigious quantity,

quantity, it is included only in the *Peritonæum*.

Now the Blood is weaken'd by immoderate Evacuations of it, by long Diſeaſes, or by that pernicious cuſtom of drinking ſpiritous Liquors, by which alſo the natural Ferments of the body are deſtroy'd, and the Spirits are diſſipated. Whence it comes to paſs, that tho the Dropſy be a cold Diſeaſe, yet Drunkards are more obnoxious to it than others. And on the other hand, the Drinking of Water by thoſe who have been long accuſtom'd to ſtrong Liquors, is equally prejudicial to the Blood.

There is alſo another and very different cauſe of the Dropſy, that is ſometimes obſerv'd in Women. For one of the *Teſticles* being obſtructed, and its contexture by degrees perverted by the matter that is included in it, the Coat that ſurrounds it is at length wonderfully diſtended, and when it is juſt ready to burſt, Nature prepares certain Bladders to receive the Humor; one or more of which breaking and diſcharging their contents into the cavity of the *Abdomen*, produce the ſame ſymptoms that we have already aſcrib'd to the Dropſy.

There are two other kinds of Swellings in the *Abdomen*, which reſemble the Dropſy, and happen commonly to Women. The firſt is a preternatural Excreſcency of *Fleſh* in the part within the *Abdomen*, which ſwells the Belly to as great a bulk, as when it is full of Water. The other *Species* proceeds from *Wind*, which produces not only a Swelling, but alſo the other ſigns of a Woman's being with Child. Stale Virgins after they are married, and Widows, are chiefly moleſted with this ſymptom; who,

not only in their own, but even in the Midwife's Judgment, having felt the motion of the Child all the usual time, and being from time to time troubled with sickness, as Women with Child are wont to be, their Breasts also swelling, and Milk dropping out of them, make Provision of Clouts, and other Necessaries for the imaginary Infant; till by the gradual abating of their swoln Bellies, their vain Expectations are frustrated. But neither of these symptoms belongs to the Disease that is the subject of this discourse.

The genuine *Indications of the Cure* are, first to expel the Waters contain'd in the *Abdomen*, and other parts; and in the next place to prevent a new Accumulation of Water, by corroborating the Blood.

To begin with the *Evacuation of the* Serum, 'tis a certain truth and of great moment to be observ'd, that such *Cathartics* as are either too weak or too slow in operation do more harm than good to Hydropical Persons. For all purging Medicines being Enemies to Nature, and Purgative meerly on that score, do in some measure hurt and weaken the Blood; and therefore if they pass not speedily through the Body, they augment the swelling by stirring that puddle of Humours which they are not able to expel, and raising a Tumult in the Blood, which appears but too evidently in the Feet of those that are gently purged. Wherefore on this occasion we must have a special Regard to the Constitution of the Patients Body in respect to Purgatives. For since several Persons are endu'd with peculiar dispositions in this respect, we

must

must always proceed with a great deal of Caution in the administration of Purging Medicines. We must not only consider the sensible Temperament of the Patients Body; for we shall find some Strong and Robust Persons, who are very easily wrought upon by Cathartics; and others who tho they be of a weak and infirm Constitution, can scarce be mov'd by the strongest Medicines. And for want of a heedful Regard to this Caution, I have observ'd that super-purgations have been frequently occasion'd even by Lenitive Potions.

Besides, we must proceed with all expedition to the total expulsion of the Waters: in order to which it will be convenient to repeat the purgation every day, unless the extraordinary weakness of the Patient, or the too violent operation of the last Dose should make us alter our Method, and sometimes give the Patient a day or two of Respite. We must not give the Enemy time to recruit his Forces by interposing long Intervals between our Attacks; lest by neglecting to make use of our Victory, and granting an unseasonable cessation of Arms, we be at last compell'd to make an inglorious Retreat. And besides the danger of a new Accumulation of the Waters, the Entrals might in time be corrupted and putrefy'd, if the Waters should be suffer'd to lodge too long among them. Nor must we forget to consider that the Waters that have been already put in motion by preceeding Cathartics, are more apt to do mischief than if they had never been disturb'd.

Moreover 'tis confirm'd by Experience that most all *Hydragogues* or Medicines that expel Waters

ters have this peculiar property, that they rarely operate effectually if they be exhibited by themſelves to ſuch as are hard to be wrought upon: and that even the largeſt Doſes of them, inſtead of expelling the Humours, raiſe Commotions in the Blood, and by ſo doing augment the ſwelling which they ſhould have leſſen'd; and therefore in this caſe they ought only to be made uſe of to quicken the operation of Gentler Medicines. And yet 'tis obſervable that *Hydragogues* work both ſpeedily and effectually on thoſe who yield without much difficulty to the force of purgative Remedies. To whom if *Syrup of Buckthorn* be exhibited, and even alone, it will evacuate a great quantity of almoſt pure Water; without either diſturbing the Blood or heightning the colour of the Urine, both which are the uſual Effects of other Cathartics: only 'tis attended with this inconvenience, that it cauſes a violent Thirſt during the time of its operation. But the largeſt Doſe of this Syrup, if it be exhibited to ſuch as are not eaſily to be wrought upon by purging Medicines, will give them but few Stools, and thoſe not ſo watery as they ought to be.

I remember that about 27 years ago, which was the firſt time that I was invited to the cure of this Diſtemper, I was ſent for to viſit a certain honeſt and pious Matron call'd *Saltmarſh*, living at *Weſtminſter*, whoſe *Abdomen* was ſwoln to a prodigious bigneſs by a Dropſy, than which I have not hitherto ſeen one more violent. I gave her an ounce of the abovemention'd Syrup before dinner, according to the cuſtom of thoſe Times, and 'tis almoſt incredible what a vaſt

quantity

quantity of Waters it expell'd by Stool, without either diſordering or weakning the Patient in the leaſt. Encourag'd by this ſucceſs I order'd the ſame Doſe to be repeated daily, intermitting only a day or two ſometimes, when ſhe ſeem'd to be weaker than ordinarily. Thus the Waters being evacuated by degrees, the Swelling abated daily, and the Patient recover'd perfect Health. The happy Iſſue of the Cure flatter'd my youthful Confidence, and with all the raſhneſs of an unexperienc'd Man I fancied that I was maſter of a Remedy ſufficiently able to conquer the moſt obſtinate Dropſy: but I was ſoon convinc'd of my Error. For being ſhortly after call'd to cure another Woman that had been ſeiz'd by the ſame Diſtemper after a long Quartan Ague; I gave her my Syrup, endeavouring in vain to expel the Waters, by repeating and gradually augmenting the Doſes. At laſt the Woman ſeeing that the ſwelling of her Belly encreas'd daily, diſmiſt me, and if my Memory do not fail me, was afterwards cur'd by another Phyſician, who made uſe of more effectual Remedies.

If therefore upon examination you find the Patient to be of ſuch a Habit of Body, as not to be eaſily wrought upon by mild Cathartics, you muſt have recourſe to ſtronger Remedies. In which caſe, you muſt obſerve (what I intimated before) that few *Hydragogues*, if you exhibit them alone, will anſwer your expectation; but they may be made very effectual by mixing them with gentler Medicines. Thus, for example, I have often and with good ſucceſs preſcrib'd the following Potion to ſuch Perſons. *Take half an*

ounce

ounce of Tamarinds, &c. *see page 61.* But this Potion must be exhibited only to Robust Persons, whom it purges after other Medicines have been try'd in vain, as I have found by manifold experience; Or *Take of White Wine four ounces*, &c. see page 61.

I shall here subjoin another Remedy, which I use not unfrequently; 'tis convenient for those who cannot endure the repeated use of other Cathartics; for it warms and strengthens, at the same time that it Purges. *Take of Jalap Root beaten, Hermodactyls, of each half an ounce, crude Scammony three drams, Sena leaves two ounces, Liquorish, Anniseeds and Carroway seeds, of each half an ounce, Tops of Wormwood, and Sage Leaves of each one handful: Infuse them cold in three pints of common* Aqua Vitæ, *to be strain'd only when 'tis us'd. Take one spoonful at night when you go to sleep, and two more next morning*, augmenting or lessening the Doses according to the operation of the Medicine.

There are two other Remedies which I prefer before the rest, as being the most effectual of all that I have hitherto made trial of, in the case of those that are difficultly wrought upon by Cathartics, I mean *Elaterium*, and the *Infusion* of Crocus Metallorum. *Elaterium*, or the *Fœcula of Wild Cucumbers* works very powerfully in a small Dose, expelling copiously the Excrements with serous and watery Humours; insomuch that two grains of it, generally speaking, may be a convenient Dose for most Persons. I use to order them to be mixt with a scruple of the Pills *ex duobus*, and made up into three small Pills, to be taken in the morning.

As

As for the *Infusion of Crocus Metallorum*, an ounce and an half, or (if the Patient be very hard to work upon) two ounces of it, given in the morning, and repeated every day, according to the Patients strength, tho it seems only to promise the evacuation of the matter contain'd in the Stomach, will at last free the *Abdomen* from its burdensom load of water. For besides that, after the vomiting ceases, it usually works downwards; so great a concussion and agitation of the Stomach and Entrals, cannot but occasion an Evacuation of the Water with which these parts are surrounded, tho the Passages through which it is expell'd, do not lie open naturally. And whatsoever the Channels be, through which the Water is convey'd out of the Cavity of the *Abdomen* into the Intestines, 'tis certain that these same Waters are powerfully expell'd by the Vomiting, that is caus'd by the forementiond Medicines, and that not only downwards by Stool, but even upwards through the Stomach and Mouth. For after the Patient has Vomited two or three times, the Waters appear not so much to be drawn out by the force of the Medicine, but rather to gush out with a ful stream; as 'tis plain from their breaking forth violently in the very Intervals betwixt the several Vomitings.

But when I find that the abovementiond Vomit hath not effectually purg'd the Lower Region of the Belly, after the third or fourth Dose, I use sometimes (tho rarely) to add both *Electuary of the Juice of Roses* and *Syrup of Buckthorn*: for example, *Take of* Cardus Benedictus *Water three ounces, Infusion of* Crocus

cus Metallorum *an ounce and an half, Syrup of Buckthorn half an ounce, Electuary of the Juice of Roses two drams; mix and make a Potion.*

In the Month of *August* last, a certain poor Woman aged about 55 years, beg'd my assistance. She had been long troubl'd with an Intermitting Fever, and had afterward lain three Years in Prison, where she suffer'd much by cold, and at last her Belly was swoln to such a Bigness, that I had never observ'd the like. I gave her an ounce and an half of the *Infusion of* Crocus Metallorum, daily for three days, and afterwards every other day according to her strength, till she had taken in all six Doses. When she began first to Vomit, her Urine was totally suppress't, which she afterwards voided sometimes but very rarely: the oftner she repeated the Vomit, she voided greater quantities of water, and towards the end both upwards and downwards. But after the third Dose, the swelling began to abate; and after a Fortnight, she found by measuring her Body with a Thread that she was grown three feet slenderer, having by supputation voided several Gallons of Water. Thus she who before was forc'd to sleep sitting upright in her Bed, lest she should be choak'd by the pressure of the Waters, could now securely lay her Head on her Pillow, and turn her Body at pleasure. But since the violent Operation of the Vomit had rais'd the *Vapours* (as they are call'd) to such a degree, that I durst not persist longer in that method, tho it appear'd but too plainly that there was still a great deal of water left in her Body, both by the Briskiness of her Belly, and the Rolling of the

the Waters which she felt when she turn'd her Body, as also by the marks that remain'd in her Legs when any thing prest against them: and therefore I was forc'd to have recourse to purging Medicines, properly so call'd. I proceeded then to prescribe either the above-mention'd Potion, or some other *Hydragogue*, repeating the Doses by long or short Intervals, as the Patients strength would permit, and as the Vapours were more or less troublesome. For even the Cathartics did in some measure produce Hysterical Symptoms, tho not to such a degree as the Vomits were wont to do. And I persisted in this Method, till she seem'd to be perfectly recover'd. In the mean time during the progress of the Cure I made these Remarks. First I observ'd, that in the days that were free from purgation she sometimes voided great quantities of Water by Stool, and towards the end also by Urine, to the quantity of a Gallon; tho I allow'd her only a pint and an half, or a quart of drink by the day. Secondly, it was worth noting, that when the Cure was almost finish'd, if at any time the Vapors were rais'd by purgation, the Belly swell'd, chiefly upwards, as if it had been distended with a new load of Waters, which yet I knew could not be the cause of this symptom, since the Patient drank so sparingly; and therefore I concluded that it must proceed from Wind, which might be generated by those disorders that were occasion'd by the operation of the Cathartic, and my opinion was confirm'd by the Event. For always when a purging Medicine was administer'd, even after the voiding of a Gallon of Water, she began immediately to swell:

Neither

Neither did the Tumour usually abate, which rose up even to her Throat, and was attended with shortness of Breath, till her Body being freed from the troublesom consequences of the Medicine, had recover'd its wonted tranquillity; after which the swelling and other symptoms us'd immediately to disappear, till they were provok'd again by the succeeding Purgation. I remark'd farther that this Womans Monthly Courses which had not appear'd for several years (she being as I intimated before about 55 years old) began again to flow abundantly; which Flux of Blood being joyn'd to the preceeding Evacuations was follow'd by a multitude of Hysterical Symptoms, such as these, a vehement pain in the Back, and about the Region of the Spleen, Head-ach, and violent Cough. Besides, tho after the Expulsion of so much Water, by the Mouth, Stool and Urine, it could scarce be imagin'd that any considerable Quantity should be left in her Body; yet her Belly was still as much swoln, as it us'd to be before there had been one drop evacuated. Wherefore to quiet those Commotions, which had continu'd a whole week after the last purgation, I was forc'd to exhibit an ounce and an half of *Diacodium* four nights together; and the same Dose was to be repeated three hours after, if the Patient could not sleep. Thus the Tumult was appeas'd, and the Swelling vanish'd.

In the mean time I would have it observ'd, that if the Patient be troubled only with a little Swelling in his Belly, the Waters cannot be so easily driven out by the Infusion of *Crocus Metallorum*, as when the Tumour is very great and a vast

vaſt quantity of Water is accumulated. For the very Bulk of the Waters, while they are agitated and ſhaken by the operation of the vomit, contributes wonderfully to promote the Evacuation of them: and therefore unleſs the ſwelling be very conſiderable, 'twill be altogether convenient to commit the whole buſineſs of Evacuation to Medicines that purge downward.

There is alſo another common and ſimple Medicine, which is prepar'd by boiling, for example *three handfuls of the Inner Bark of the Elder in a quart of Milk and Water to a pint*: Of this Decoction one half is to be taken in the morning, and the other half at night, and the ſame is to be continu'd every day till the Patient recover. This Remedy works upwards and downwards, as *Crocus Metallorum* does, and cures the Dropſy after the ſame manner, that is, not by any ſpecific Vertue; and therefore when it does not work by either of theſe ways, or not ſufficiently, 'tis altogether uſeleſs; but when it operates effectually either way, and eſpecially both ways, 'tis an admirable Remedy.

But we muſt not forget to take notice that there are ſeveral caſes, in which the Waters that diſtend the Legs, and even the Cavity of the *Abdomen*, muſt neither be expell'd by Vomits or Cathartics. As when the Tumour happens after a long Conſumption, or proceeds from the Corruption and Putrefaction of ſome of the Intrals, or from the Relaxation and Abolition of the tone of the Blood, or from a diſſipation of the Spirits; or is caus'd by the long continuance of *Fiſtula*'s in the fleſhy parts, which have thrown

thrown forth a great deal of matter, or by exceſſive Weakneſs, or immoderate Evacuations of the Humours or Spirits, by Salivation, Sweating, Super-purgation and thin Diet which have been us'd to exceſs in the Cure of the *French Pox*. In theſe and the like Caſes, purgation is not only uſeleſs, but even augments the Diſeaſe by weakning the tone of the Blood. Wherefore things being in ſuch a poſture the Cure muſt be perform'd by ſtrengthning the Blood and Intrals. In order to which, beſides the Comforting Remedies, that ſhall be mention'd afterwards, I have found by certain experience, that the change of Air, and convenient Exerciſe in a free Air are extreamly conducive: For by this Method the Spirits are reviv'd and the Inſtruments of Excretion enabled to diſcharge their reſpective Offices.

But theſe are not the only caſes in which vomits and purgative Medicines are uſeleſs or hurtful: for we muſt alſo abſtain from them if the Patient be either of a weak Conſtitution, or a Woman ſubject to Vapors and diſorderly Motions of the Animal Spirits; and commit the Evacuation of the Waters to *Diuretics*. Among which the moſt (not to ſay the only) effectual Medicines are ſuch as are made of *Lixiviate Salts*; which may be prepar'd indifferently of the Aſhes of any ſort of Plants. But ſince *Broom* is very eaſy to be had, and beſides is commonly reputed to be good againſt this Diſtemper, I uſually preſcribe a pound of its Aſhes to be infuſed cold in four pints of *Rheniſh* Wine, adding a Pugil or two of the Leaves of Common *Wormwood*; and order the Patient to drink four ounces

of

of the ſtrained Liquor in the Morning, at five in the Afternoon, and at Night, and to repeat the like Doſes daily, till the Swelling diſappear. By which Remedy alone I have ſeen Dropſies cured, that have been given over for deſperate, in ſuch whoſe weak conſtitutions would not bear purgation.

The Waters being expell'd, which are the *immediate* Cauſe of the Diſeaſe; we muſt proceed in the next place to remove its *Original* Cauſe, which conſiſts in the Weakneſs of the Blood; by a long and conſtant uſe of *Heating* and *Corroborating* Medicines, which may prevent a new accumulation of the Waters. For tho it often happens that young Perſons are cur'd by Purgation alone, their natural Heat being freed from the Preſſure and Burthen of the Waters ſupplying the place of the fore-mentioned Remedies; yet 'tis abſolutely neceſſary for Old and infirm Perſons, after the Evacuation of the Waters, to have immediate recourſe to thoſe Simples which warm and invigorate the Blood. For which purpoſe it will be convenient to uſe the ſame Remedies, and obſerve the ſame Rules concerning the *Six-Non-natural Things*, that I recommended for the Cure of the *Gout*: Only *Wine*, which Gouty Perſons muſt totally abſtain from, is in this caſe not only harmleſs, but very profitable, if it be us'd for ordinary Drink. Inſomuch, that after the Paſſages are open'd, and Channels clear'd for the Waters, 'tis abſolutely neceſſary during the Progreſs of the Cure to oblige the Patient to make uſe of *Wine*, or at the leaſt *Strong Ale* for ordinary drink. For all thin and cooling Liquors (how agreeable

ſoever

ſoever they may be to the Patients Palate, by reaſon of the perpetual Drought that accompanies this Diſeaſe) render the Sick perſon more Phlegmatic, and promote the Encreaſe of the Waters, and therefore are ſeldom or never to be allow'd. Whereas Strong Liquors, if they be not diſtilled Spirits, do ſo far advance the Cure, that 'tis ſometimes performed by them alone, namely, in the beginning of the Diſeaſe, when the *Abdomen* is not yet greatly diſtended by the Waters; eſpecially if they be impregnated with *Heating* and *Strengthening Herbs*. Thus, when the Patients poverty would not ſuffer him to purchaſe better Remedies, I have often and with excellent ſucceſs preſcribed *Strong Ale* to be us'd for ordinary drink, in which a ſufficient quantity of *Horſe Radiſh-Roots*, *Leaves of Common Wormwood*, *Garden-Scurvy-graſs*, *Sage*, *and leſſer Centory*, *and Broom-tops* had been infus'd. For the Richer ſort, *Canary Wine* may be in the like manner impregnated with the ſame bitter Herbs; a ſmall draught of which may be taken twice or thrice a day, during the uſe of the above-mentioned Remedies. Or if the Patient diſlike that, *Wormwood Wine* may be ſubſtituted in its place, of which he may drink nine ſpoonfuls after the taking of two drams of the *Digeſtive Electuary* (deſcrib'd in the *Treatiſe of the Gout*, page 122.) at the Phyſical hours, *viz.* in the morning, at four in the Afternoon, and at night: Which Electuary exceeds all Corroborating Remedies whatſoever. Moreover 'tis of great importance to obſerve, that if at any time the Patient muſt be allow'd to drink weaker Liquors, he muſt uſe them very ſparingly; for 'tis remarkable

that

that ſome have been cur'd only by a total Abſtinence from Drink. But ſince this Diſtemper is commonly attended with a very troubleſom Thirſt, it will be convenient for the Patient now and then to waſh his Mouth with cold water ſharpen'd with *Spirit of Vitriol*, or ſometimes to hold *Tamarinds* in his Mouth, or to chew a *Limon*; but he muſt take care that he ſwallow none of them.

Alſo in a beginning Dropſy, *Steel* is none of the leaſt effectual Remedies; for it invigorates and warms the Blood. And for the ſame reaſon *Garlick* is profitable, by the uſe of which alone, even without purgation, the Dropſy has been cured to my knowledge, tho not by my advice.

For when only the Feet are Swoln, or the Belly but moderately diſtended, 'tis not always neceſſary to make uſe of Vomits and Cathartics; ſince without theſe the Cure is not unfrequently performed by the fore-mentioned heating and ſtrengthening Liquors. But above all, 'tis to be obſerved, that when the Cure is attempted by Corroborating Remedies alone, or even by Lixiviates; the Phyſician muſt never purge his Patient either with ſtrong or gentle Medicines, while he is endeavouring to invigorate his Blood for the Cathartic would certainly overthrow whatever the Corroborating Medicine had performed, the truth of which has been often confirmed by unwelcom Experience. For tho during the Evacuation of the waters, it may not be unfit to interpoſe ſometimes Corroborating Remedies; yet when the Buſineſs of the Cure depends wholly on the ſtrengthening of the

the Blood, 'tis absolutely necessary to abstain from Cathartics.

Moreover 'tis observable, that sometimes the Cure remains imperfect after a due and regular use of all the Evacuating, Strengthening, and Heating Remedies; and after an exact observance of the Method that I have prescribed. For in a long and tedious *Ascites*, it happens frequently that by the long continuance of the waters in the Body, the Intrals are vitiated and as it were parboiled, and both they and the neighbouring Parts wholly corrupted, preter-natural Glands and Bladders full of corrupt or bloody Matter generated, and all within the Cavity of the *Abdomen* putrefied; as it appears evidently in the dissection of the Bodies of those who die of an inveterate *Ascites*. When things are in this posture, as far as I can see, all the Assistance of Art is useless. Never theless 'tis the Duty of a Physician, since he cannot certainly discern to what degree the Intrals are corrupted, to endeavour with all his might to resist the prevailing Distemper, both by evacuating and strengthening Remedies, and neither to be disheartened himself, nor to discourage his Patient. For in many Diseases, after the Morbific matter is wholly extirpated, we see that Provident Nature works wonders, and by unaccountable Methods protects the Patient from the fatal Consequences of the Distemper. Wherefore even in the most inveterate and desperate *Ascites*, we must proceed exactly after the same manner as if the Disease was but just begun.

As for *Topical* or *External* Remedies, all the Observations that I have made cannot furnish me

me with one Inſtance of any conſiderable Advantage that accru'd from the uſe of them. The leaſt hurtful are ſuch as are apply'd to the *Abdomen*, by way of *Liniment* or *Cataplaſm*, to diſcuſs; tho after all I do not perceive how the Waters can be diſcuſt. But there are things that are propos'd by ſome for Remedies, which are ſo far from being profitable, that they are extremely hurtful, ſuch as the Ointments that are made of ſtrong Cathartics, and apply'd to the *Abdomen*; and the *Bliſtering Plaſters* which ſome apply to draw the Water out of the Legs that are extremely diſtended. Both theſe Methods are dangerous; for by the firſt the Purging force of the Symptoms does ſometimes pierce ſo deep, and is ſo entangl'd in the Muſcles and Membranes, as to cauſe a ſuperpurgation that can never be ſtopt by any Remedies.

And the *Bliſtering Plaſters* that are apply'd to the Legs by Quacks, do quite extinguiſh the natural Heat, that before was almoſt Stifl'd by the Waters; and the Animal Spirits alſo failing, a *Gangrene* oftentimes follows. For the leaſt Wound in the Fleſh of Hydropical Perſons, eſpecially if it happen to be in a hanging Member, is very hardly to be cur'd: becauſe the very ſubſtance of the Fleſh in theſe parts is ſo full of moiſture, that if the ſmalleſt paſſage be open'd, the Humour flows continually, and hinders the healing or ſoderingof the Wound. And in my opinion, the *Paracentheſis* or Inciſion of the Belly, and *Pricking with a Needle* are attended with no leſs danger, and are equally apt to produce the ſame fatal Conſequences, for which we condemn'd Bliſtering Plaſters.

To conclude, tho a confirm'd *Ascites* has been always reckon'd to be a desperate Disease; yet it will appear by the Event, that it may be as certainly cur'd by the method that is Describ'd in this Discourse, as other Distempers which are not commonly esteem'd to be so fatal.

V. *Concerning the* Rheumatism.

THis Disease rages most in Autumn, and attacks chiefly the Younger sort. It is most usually occasion'd, when they who have overheated themselves by exercise, or otherwise, do suddenly expose themselves to the Injuries of Cold. It begins with Coldness and Shivering, which are immediately follow'd by Heat, Unquietness, Thirst, and all the unhappy Train of Symptoms with which Fevers are commonly attended. After a day or two (and sometimes sooner) the Sick Person is seiz'd with a violent Pain in some one or other of his Limbs, especially in the Wrists, Shoulders and Knees; which shifting from one place to another, invades them by turns, leaving a certain Redness and Swelling which remains for some time in the part that was last affected. The Fever vanishes by degrees, while the pain continues, and sometimes grows more violent, the matter that caus'd the Fever being translated to the Joints; as it appears evidently from the frequent Returns of the Fever, that happen when the matter is repell'd

pell'd by the undue use of External Remedies. When this Disease is not accompany'd with a Fever, it is often taken for the *Gout*, from which nevertheless it is essentially different; which perhaps has made so many Authors overlook it, if it ought not rather to be esteem'd a new Disease. But whatever it was in former Ages, it is certainly but too common in this; and tho after the disappearing of the Fever, it rarely proves mortal, yet the Vehemency and long continuance of the pain will not suffer it to be neglected. For if it be unskilfully handl'd, it lasts not only Months but several Years, and even sometimes continues to torment the miserable Patient all his Life, tho not with equal fury, but by Fits that return periodically like those of the Gout. The pain indeed may at last happen to cease of it self, while the Patient being otherwise in good Health, and enjoying a strong Appetite, is for ever depriv'd of the use of all his members, the Joints of his Fingers being inverted, and knotty Protuberances, like those that are usually observ'd in the Gout, rising especially in the Internal parts of the Fingers.

There is also another kind of Rheumatism, tho 'tis not commonly esteem'd to be of that form, which may be very fitly call'd a *Rheumatic Lumbago*, or pain in the Loins. In this case the pain is fix'd about the Region of the Loins, and sometimes stretcheth downwards to the *Os sacrum*, having a near resemblance to a fit of the Stone, only 'tis not accompanied with a desire to vomit: For besides a most sharp and scarce tolerable pain about the Reins, sometimes it seizes on the whole duct of the *Ureters* as far as the

Bladder. And if it be not cur'd by the ſame method that ſhall be preſcrib'd for the other kind, it rages as violently, and laſts as long as that; and the wretched Patient not being able to be at quiet, either leaps out of his Bed, or ſits upright in it, toſſing his Body backwards and forwards without intermiſſion.

It ſeems evident that this Diſeaſe proceeds from inflammation; and the ſame (if it were neceſſary) might be prov'd not only from the ſymptoms that have been mention'd already but alſo from the colour of the Blood that is extracted, which is exactly like to that in a Pleuriſy. And therefore I think I may reaſonably conclude that the Cure muſt be perform'd by bleeding, not neglecting in the mean time to temper the Blood, and allay its immoderate Heat, both by cooling and thickning medicines, and by a convenient Diet.

Aſſoon therefore as I am call'd, I command inſtantly ten ounces of Blood to be taken from the Arm on that ſide where the pain is felt, and preſcribe a thickning and cooling *Julep* (ſuch as that in the xxx page) to be drunk at pleaſure, or inſtead of it the *Emulſion* that is deſcrib'd in the Chapter *of the Pleuriſy*. To aſſwage the Pain I order a *Cataplaſm* of *White bread and Milk ting'd with Saffron*, or a *Cabbage leaf* to be applied to the part affected, and frequently renew'd. I enjoyn a total abſtinence from Fleſh, and even from the thinneſt Fleſh Broths; inſtead of which I ſubſtitute Broths made of Barley or Oats, Panado, and ſuch like. For drink I allow only Small and Mild Beer, or (which is better) a Ptiſan of Barley, Roots of Liquorice, Sorrel,

Sorrel, &c. boil'd in Spring Water. In the mean time I admoniſh the Patient to abſtain from his Bed ſome hours every day: For the Heat that is produc'd by a conſtant lying in Bed, doth encreaſe and heighten the Diſtemper.

The next day I order the ſame quantity of Blood to be taken away; and after a day or two more, according to the Patients ſtrength, I proceed to repeat the Bleeding a third time: after which having allow'd him a Reſpite for three or four days, more or leſs as the conſideration of his Age, Strength, Conſtitution, and other Circumſtances ſeems to require, I command the Letting of Blood to be repeated the fourth (which is for the moſt part alſo the laſt) time. For it rarely happens that the Cure requires a greater expence of Blood; unleſs on the ſcore of a too warm *Regimen* or hot Medicines. Beſides *Anodyne* or quieting Medicines by fixing the Diſeaſe, retard the effect of Bleeding, and therefore make it neceſſary to repeat that Operation oftner than otherwiſe the bare force of the Diſeaſe would have requir'd: for which reaſon I think it my duty to abſtain from thoſe Medicines during the whole courſe of the Diſeaſe; eſpecially ſince they are not able to give that eaſe which they ſeem to promiſe, in the height of the Diſtemper.

In the mean time I order a Clyſter of ſugar'd Milk to be adminiſter'd, now and then in the intermediate days. And I earneſtly exhort the Patient to continue in an exact obſervacne of theſe Preſcriptions, for eight days at leaſt after the laſt Bleeding. After which I exhibit a *Purging Potion* prepar'd with 'enitive Ingredients,

and the same night a large dose of *Syrup of Meconium* in *Cowslip Water*, to quiet the Commotions of the Blood, which otherwise might occasion a Relapse. And then I willingly permit the Patient to return by degrees to his wonted manner of living, with respect to Diet, Exercise and Air; dismissing him with a caution to abstain for a long time from Wine, and all spirituous Liquors, as also from Meat that is season'd with Salt and Spices, and in a word from all manner of Food that is of hard digestion.

After the last Bleeding, the Patient may expect a very considerable, tho not entire relief from the Rheumatic pains; but as soon as his strength, which was much impair'd by so great an expence of Blood, is restor'd (especially upon the appearing of the next Season of the year, which will more effectually promote the recovery of his strength, than that in which he was first assaulted by the Disease) all the Symptoms cease, and are succeeded by a state of perfect Health.

Now tho by this or a like method, if it be begun in due time, that is, from the first Invasion of the Distemper, the Patient is usually restor'd to Health; yet it happens not unfrequently, that when the Cure is attempted by a contrary method, the Patient is ever after miserably tormented with wandring pains, the violence of which abates and encreases by turns: and 'tis observable that there is need of a great deal of circumspection to discover the true Original of these pains, which are commonly thought to be symptoms of the Scurvy. To declare my mind freely on this occasion, tho I make no doubt but

that

that the *Scurvy* properly ſo call'd is to be found in theſe Northern Countries; yet I am perſwaded that many (not to ſay moſt) of thoſe ſymptoms which are uſually aſcrib'd to that Diſtemper, are either the effects of beginning Diſeaſes, that have not yet put on any regular Form or Type, or the unhappy Relicts of ſome imperfectly cur'd Diſtemper, by which the Blood and other Humours are infected. Thus when a ſort of matter is newly generated in the Body, that is apt to produce the *Gout*, but hath not yet fall upon the Joints, certain Symptoms appear, which are ſuſpected to proceed from the Scurvy, till the *Gout* being perfected, and diſcovering it ſelf plainly, takes away all occaſion of Suſpicion. And even, after the Paroxyſm is over, the *Gouty* Perſon is ſtill troubl'd with Symptoms that reſemble the *Scurvy*, when Nature being diſabl'd either by unreaſonable Evacuations, or the patients Age, or by ſome other cauſe, cannot expel all the Morbific matter to the Joints, which being retain'd defiles the whole Maſs of Blood, and produces a multitude of pernicious Symptoms. The ſame may be ſaid of a beginning *Dropſy*: concerning which tho it be commonly ſaid that *where the* Scurvy *ends, there the* Dropſy *begins*; yet that Rule is to be underſtood no otherwiſe than thus, that as ſoon as the *Dropſy* begins to ſhow it ſelf by manifeſt Signs, the *Scurvy* ceaſes to be ſuſpected. This obſervation may be extended to many other *Chronical* Diſeaſes, whether thoſe that are only as it were in *Embryo*, and have not yet form'd to themſelves any certain Type; or ſuch as have been partly cur'd but not fully extirpated. And

truly

truly unleſs the truth of this Reflection be acknowled'g, almoſt all the Diſeaſes in the world muſt be comprehended under the name of *Scurvy*. But if we ſearch into the hidden Receſſes of thoſe Diſtempers that lurk under the Diſguiſe of irregular Symptoms, every Diſeaſe will appear in its own ſhape, and may be eaſily reduc'd to its proper *Claſſis*. And the Method by which theſe maladies are to be cur'd, muſt not be adapted to their counterfeit Symptoms, but to the Diſeaſe it ſelf, whatſoever it is, as if it had already put on a regular Form.

But here 'tis to be obſerv'd, that when the Rheumatiſm is of a long ſtanding and deeply rooted, 'tis not convenient to repeat Bleeding after ſo ſhort Intervals, as at the Beginning of the Diſeaſe: But rather to interpoſe ſome Weeks between the times of Bleeding. By which means the morbific matter will be either totally expell'd, or ſo weaken'd, that by opening an *Iſſue* in one of the Legs, and exhibiting ſome *volatil Spirit* in *Canary*-wine every morning and evening, its relicks may be extirpated.

Now tho there is a great difference between a true *Rheumatiſm* and the *Scurvy*; yet it muſt be acknowledg'd, that there is a ſort of Rheumatiſm that has a very near reſemblance to the Scurvy which it imitates in its principal Symptoms, and requires almoſt the very ſame Remedies, and therefore may be fitly call'd the *Scorbutic Rheumatiſm*. The Pain wanders from one part to another, but ſeldom raiſes a Tumour as in the other kind, nor is it accompany'd with a Fever. Beſides it is not ſo fix'd, but of a more uncertain diſpoſition, and attended with irregular

Symptoms.

Symptoms. Sometimes it ſeizes one Limb, ſometimes another, and at other times it aſſaults only the Internal parts, by which means a ſickneſs is produc'd, which vaniſhes again aſſoon as the pain returns to the Outward Parts. Thus the Patient is tormented by turns, and the Diſeaſe continues very long after the manner of the moſt Chronical Diſtempers. It chiefly aſſaults Women, and Men too that are of a weak Conſtitution: Inſomuch that I ſhould certainly have ſuſpected it to be a kind of Hyſterical Diſtemper, if repeated Experience had not taught me that it yields not to Hyſterical Remedies. Moreover they who have us'd the *Peruvian Bark* long and often are obnoxious to this Diſeaſe, which by the way is the only Inconvenience that ever I obſerv'd to follow upon the uſe of that Remedy. But in this and all other caſes this Diſeaſe may be eaſily and perfectly cur'd by the following Remedies, which I ſhould have conceal'd if I did not prefer the public to my own private Intereſt. For by theſe alone I have reſtor'd many to health, who without receiving the leaſt relief had try'd repeated Bleeding, Purging, a Milk Diet, Teſtaceous Powders, *&c.*

Take freſh Conſerve of Garden Scurvy-Graſs two ounces, of Wood-Sorrel one ounce, Compound powder of Aron ſix drams, Syrup of Orenges as much as ſufficeth, make an Electuary; of which let the Patient take two drams thrice a day for a whole month, drinking three ounces of the following water after every doſe.

Take of Garden Scurvy graſs eight handfuls, Brooklime, Water-creſſes, Sage and Mint of each four handfuls,

handfuls, the Bark of Six Orenges, Nutmegs beaten half an ounce. Infuse them in twelve pints of Brunswic *Mum, and distill them in a common Still, drawing off only six pints of Water for use.*

The exact dose of the *Compound powder of Aron*, must be observ'd, or at least must not be lessen'd.

MVSEVM BRITAN NICVM

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